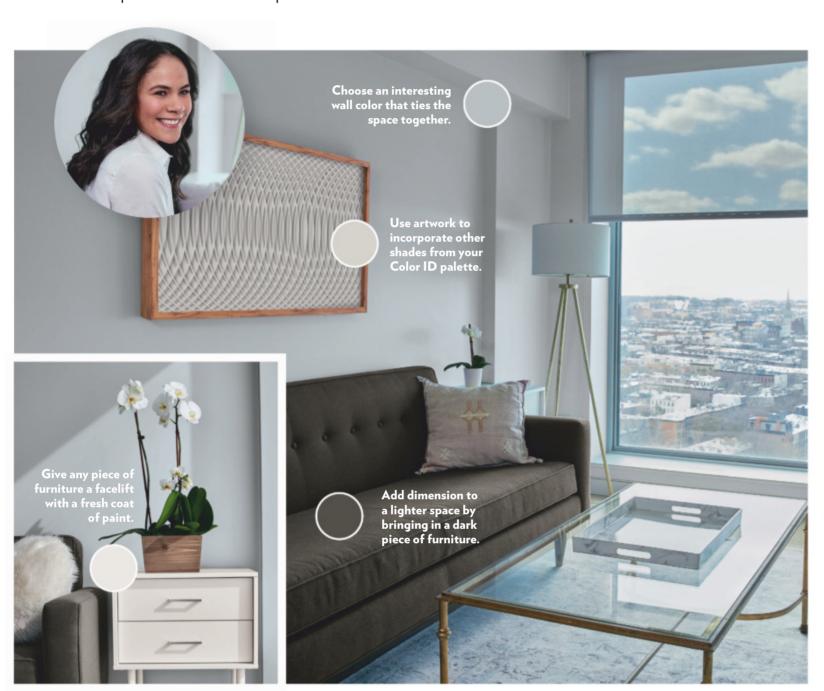


Palette Personalities

with LESLIE CORONA

BROOKLYN-based *Real Simple* home editor Leslie Corona reveals why she believes less is more when it comes to home décor, and how she turned her living room into a cozy space using the ColorSnap® Color ID Minimalist palette from Sherwin-Williams.



INSPIRING READERS

As a home editor, I'm always looking for ways to help my readers, from writing about simple organizing hacks to encouraging people to incorporate more color into their homes. I see a lot of interesting design aesthetics in my work, but I prefer simple, well-balanced spaces.



Scan the code with your phone or visit palettepersonalities.com to see the full project.

FINDING MY PERSONAL PALETTE

I knew I wanted my apartment to be a calming space, but I wasn't sure where to start. I took the Color ID quiz from Sherwin-Williams for some inspiration and was matched with the Minimalist palette. The quiz took no time at all, and I was excited to see that I could easily pair any of the 16 shades. These subtle colors make my apartment feel bigger and brighter. My husband is also a fan.

DESIGNING A COZY ESCAPE

My living room is where I go to unwind, so I wanted to use a relaxing paint color. I chose Krypton for the wall because it's light and neutral enough to work with everything else in the room. I also painted my side table with Snowbound. I like how they look together—there's something serene about the combination, which is the vibe I want for my apartment.

THE **MINIMALIST**

You enjoy what life has to offer and appreciate beauty in all things. You look to your home as a place to decompress and truly be you. Uncluttered, undisturbed.

Krypton

SW 6247

Snowbound

SW 7004

Urbane Bronze

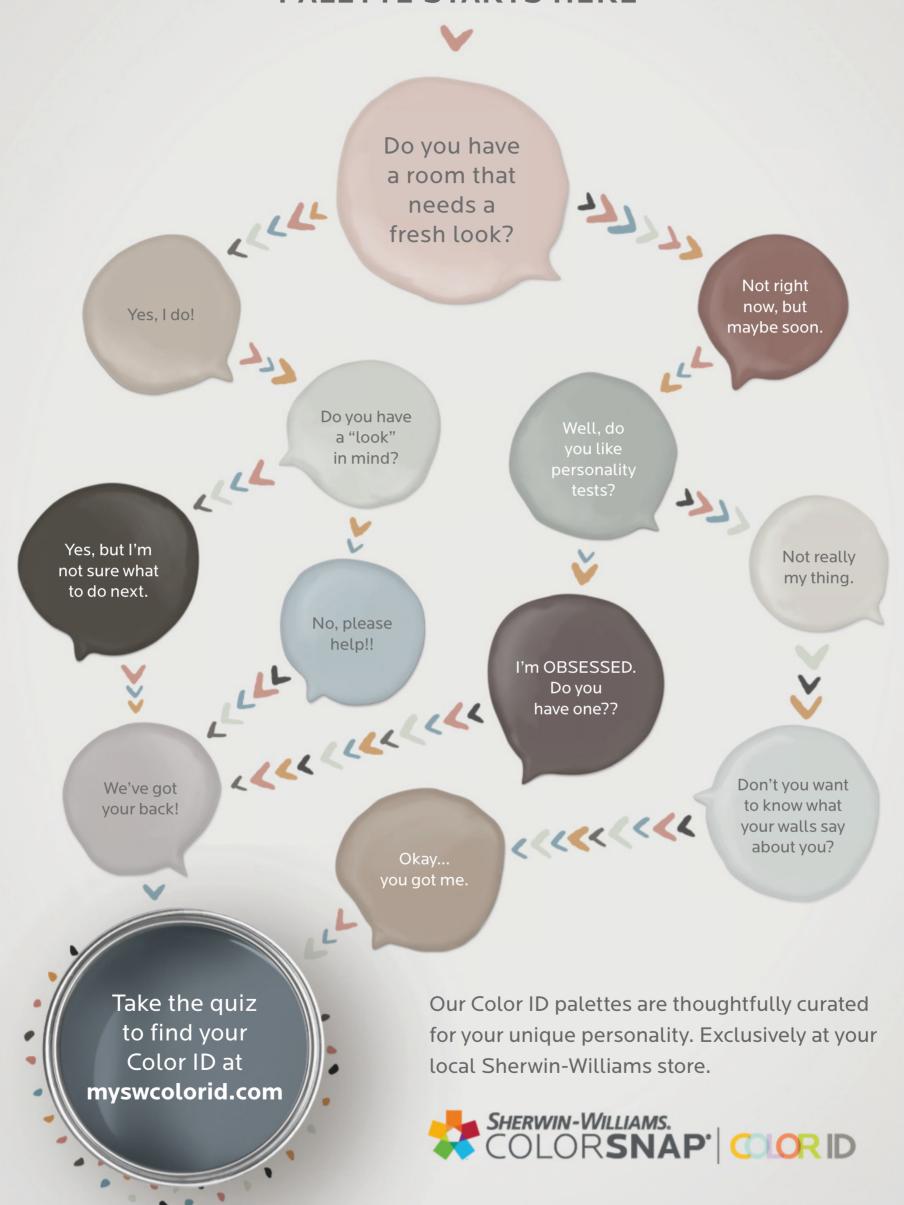
SW 7048

Crushed Ice

SW 7647



THE PATH TO YOUR PERSONAL PALETTE STARTS HERE



Thoughts



"Finding pleasure at home—whether in a family dinner or a book club or a backyard barbecue—can give us the strength to go out into the world and do incredible things."

-REESE WITHERSPOON, Whiskey in a Teacup







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Editor's Note

A Mighty Bad Case of Reader's Block



ELAX WITH A GOOD BOOK, they say. I could never do that.

Books play many roles in my life. Occasionally they're treats that go down easy. Many reveal themselves to be pencil-worthy. And others are like a great exercise session—they're difficult while you're in them, but you feel stronger and better once they're behind you. The best are all three.

Sheltering in place this spring, I thought I'd finally make headway on my latest pile of books (which always includes the five on The Short List, page 24). But March crawled into April, and April faded into May, and I hadn't cracked a single one.

I had reader's block.

I had the good fortune of a job, so I felt compelled to tend to it even more. When not staring at my computer, I was near my daughters, and I wanted to hang out with them. I should clean, I should tidy. I should check for updates on Covid and check in with Mom.

But the truth is, I couldn't get into a reading groove because I couldn't quiet my mind enough to let it open back up. Spending time with a book felt like an unearned privilege.

Then, on Memorial Day, George Floyd was murdered, and I committed my heart and mind to the Black Lives Matter movement. I knew I needed to listen, march, and learn.

For me, reading historical and literary fiction is the deepest way to learn. First thing, I reread one of my favorite novels of the past five years, Yaa Gyasi's 2016 *Homegoing*, which painted the clearest picture of institutional racism I'd ever seen. Gyasi's storytelling and voice took me into the inner lives of characters who are enslaved, beaten back by the Jim Crow South, and hobbled by racism in the North. I read it again, I felt it again, and I understood it afresh.

I picked up Colson Whitehead's Pulitzer Prize—winning *The Underground Railroad* and tumbled once more into his heartbreaking fantasy set along actual tracks and tunnels beneath Southern cities and towns. Then I started his next Pulitzer Prize—winning novel, *The Nickel Boys*, which depicts the abuse suffered by Black students at a reform school in Florida.

This time around, the reading feels different. I'm trying harder to understand, and it's mind-expanding, enriching. My reader's block is gone because the more I read, the more I know I must. Like everyone, I have to start somewhere.



I invite you to connect with me on Instagram: @LizVaccariello







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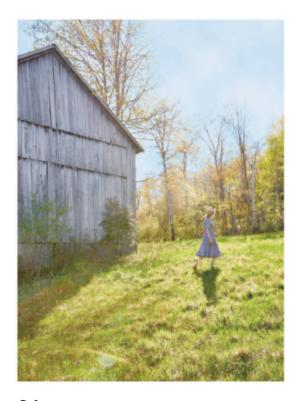
ON THE COVER



TO BUY: Heidi Bistro Set, \$199; shopthenovogratz.com for similar. Hay Perforated Tray, \$42; huset-shop.com. Ferm Living Ripple Glasses, \$55 for 4; finnishdesignshop.com. Bottle Vase in Boxes and Dashes (similar to shown), \$76; workshop-thegranite.com. **FLOWERS:** Ranunculus, High Voltage Roses (easyelegance.com), and Endless Summer The Original Hydrangeas.

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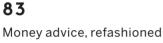
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What is your strongest scent memory?



"The Christmas tree

when I go home

for the holidays.

Every year, my mom

asks if we can have

an artificial one,

and every year I tell

her I would miss the

smell too much."

"My mom's spice cabinet.

The minute I get a whiff

back to cooking with her

in my childhood home."

of cumin, it takes me

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"Chanel No. 5. My mom wore it when I was little."



"The smell of my wedding flowers: Stargazer lilies."





"Opening a brand-new box of crayons, I'm instantly transported to first grade!"



"Maybe it's because it's summer, but I have such clear memories of being a young teenager when I smell the Coppertone scent."



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For more ways to awaken your senses, turn to Real Simple's Mood-Boosting Scents & Relaxation Recipes on page 112 featuring Pam Helms, Glade Fragrance Design Center Director.



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MEET **MICKEY** O'CONNOR **EXECUTIVE EDITOR** AT REALSIMPLE.COM

What is the coziest thing in your apartment? An overstuffed polka-dot armchair I inherited from my parents.

Currently binge-watching: Nihilistic TV is my comfort food. I'm catching up with all the soulless people of Ozark and Succession.

Go-to recipe: "Pink dip," an O'Connor family secret.



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It's never too late (or early!) to put together a highereducation payment plan.

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NEED A GOOD BOOK?

Every Wednesday on the 'gram, our editors suggest books for the week-from beach reads to biographies to classics they finally got around to. Follow @real_simple on Instagram for book recs.













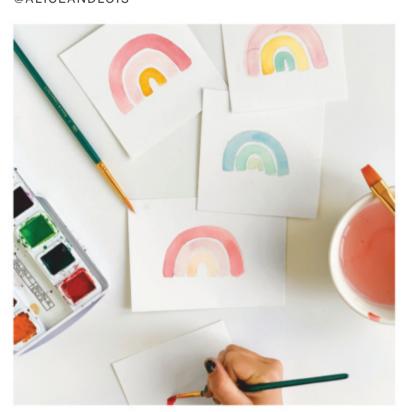
Your Words

What's a little thing you do to show yourself some love?

I hug myself from the inside with queso and guacamole.

@ @KOLINOFSKY

#RSLOVE "EACH DAY, WE ALLOW OURSELVES SOME ALONE TIME—WHETHER THAT MEANS TAKING A QUIET WALK, GOING ON A LONG BIKE RIDE, HAVING A COCKTAIL ON THE PORCH, OR SIMPLY SITTING DOWN AND PAINTING SOME RAINBOWS." @ALICEANDLOIS



For sharing this photo with us, @aliceandlois will receive our new special edition, The Power of Less. If you want your picture to be considered, tag photos on Instagram with #rslove. I remind myself that I'm always in a state of growth and change and that with every success or failure. I am learning. Also? Pedicures. EMILY BRINK, EUGENE, OREGON

Going back to school in my 50s.

I'm closing in on my associate's degree, and I'm getting the hang of this online schooling-nothing's going to stop me!

@HOGGANJENNIFER

I allow myself an afternoon nap.

GLENDA FINCH. PUYALLUP, WASHINGTON

I go for a run three times a week.

It's alone time, it's a chance to listen to great, upbeat music, and it feels so good. I'm lucky to be able to do that!

JULIANNE GENIESSE. SUNNYVALE, CALIFORNIA

Painting small watercolor flowers to mail to friends

and family.

@MARISSAKASHANI

On Sunday mornings, I put hot chocolate mix in my coffee.

DEB ZAHN, SPRING GROVE, ILLINOIS

I keep rose water toner on my "mom table" (a spot in the kitchen that's easily accessible). Several times throughout the day, I lightly spray my face. It helps set my makeup and feels refreshing. SARAH SNELSON,

ELGIN, ILLINOIS

Sharing funny and sweet stories with my husband and daughters.

@KSGOLDEN56

I ask for what I need when I'm overwhelmed.

I'm always relieved and pleasantly surprised by the help I can receive if I just ask. EMILY RUSSELL,

ST. LOUIS

Working from home requires real focus and energy. Whenever I'm able to step away from my computer, I stretch or lunge my way into a different room. If I'm really motivated, I do a couple of burpees. I know I don't have the best form, but I feel energized and ready for what's next because I've changed it up and done something active for my mind and body.

ROSE JAKUBASZEK, WEST SPRINGFIELD, MASSACHUSETTS I grow my absolute favorite flower, the dahlia. So many variations, each stunning in its own way. TERESA O'CALLAGHAN, PLYMPTON, MASSACHUSETTS

Opening the windows.

O @EMBRACETHECHEESE

I work one Saturday a month at the hospital. It is the only day I treat myself to a combo breakfast sandwich and latte at 6:15 a.m., before starting rounds.

BERNADETTE CROCCO, DOWNERS GROVE, ILLINOIS

Yoga, especially when I don't feel like it. It calms and centers me like nothing else. MINDY RATLIFF, SUNRISE BEACH VILLAGE, TEXAS Almost every day, as I plan tasks and needs, I make a conscious effort to think, "What will make me happy today?" No matter how big or small I go, I acknowledge me.

PAT BLAKE, ALBERT LEA, MINNESOTA

I indulge in soft, quality sheets and nightwear.

The comfort helps me sleep, and I smile with a touch of luxurious living. BESSE DAWSON, ST. AUGUSTINE, FLORIDA

For some quiet time, I enjoy sitting on my new porch swing to soak up the sunshine and swing to my heart's content.

PAMELA LIEN, SHELDON, IOWA



Reader of the Month

SARAH GROTENHUIS, 26

BRAND MANAGER
MANCHESTER, NEW HAMPSHIRE

What's a little thing you do to show yourself some love?

I luxuriate in my nighttime skin-care routine. It always feels like a treat.

Home is where...

You can show your true colors while playing Monopoly.

Most organized part of your life:

My Google calendar. I live by it!

Least organized part:

The kitchen utensil drawer.

What's your "me" time?

Watching *Real Housewives* solo after the kids go to bed.

What's always in your home?

A good soundtrack. My current favorite is the "Nancy Meyers' Kitchen" playlist on Spotify.

What's always in your bag?

Lots of zipper pouches. I use them to corral everything.

Social media philosophy:

Be willing to laugh at yourself. (This totally applies IRL too.)

Next Question

HOW WOULD YOU DESCRIBE YOUR FALL MOOD BOARD THIS YEAR?

Send an email to **yourwords@realsimple.com** and let us know your answer to this question. Your response could appear on these pages.



My Simple Realization

"Real Heroes Bring Raincoats"

STUCK IN A POOL WITHOUT A LADDER, WRITER JACQUELYN MITCHARD EXPERIENCED ONE OF HER MORE EMBARRASSING MOMENTS.

THE SUMMER WAS HOT and I was lame, fuddled by the unceasing pain in my knee.

"Swim," said the doctor. "It will bring you relief in the weeks before your knee surgery."

Swimming in our aboveground pool is only a concept—two strokes north, two strokes south. That day, the ladder was disassembled and my swimsuit was in the wash, so I wore a huge T-shirt over my underwear. With awkward goodwill, my very tall son Dan provided me with a knee stand into the pool before he left for work. I swam two strokes north and two strokes south. Then I saw the knuckled fists of thunderclouds to the west. That's when I realized I couldn't get out of the pool.

Even if I had been able to roll over the side, I was as likely to dash my brains out on the paving stones as I was to land upright. Still, I tried, and the pain was as grim as anything I'd felt since childbirth. No one was due back for seven hours. Lightning snapped.

Now, people don't always want to help, but everyone wants to see a fire. So I repeatedly yelled "Fire!" until along came an old man from a few houses down, about 80 years old and the size of an elf. He offered to pull me out, but I said that would surely kill us both. "Should I call the fire department?" he asked. I paused.

Four firefighters lived in my neighborhood, three of them strapping men 15 years my junior. Would it be better if my rescuers were ophthalmologists in their 50s? I pictured my ophthalmologist in my well-refracted mind's eye. Yes, it would be much better. Firefighters coming upon me in my T-shirt and tattiest undergar-

ments would give the lie to the old axiom that no one ever died of embarrassment.

My neighbor ran to the garage and brought a large fishing net, then a snow shovel. Things were not looking up. He located my cellphone, and I called the fire department. A true emergency was free, but mere assistance would cost \$100. The firefighters got into the pool and determined they'd use a tarp to hoist me out. I begged my elderly neighbor to get my polka-dot raincoat, then I pleaded with the universe for an epic weather event that would displace the sight of me in my underwear. The universe said whatever, and the bill was just \$48. Apparently prime entertainment still commands a price.

JACQUELYN MITCHARD IS A BEST-SELLING AUTHOR. SHE LIVES IN MASSACHUSETTS WITH HER FAMILY AND POLKA-DOT RAINCOAT.



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Customer satisfaction based on an independent study conducted by Alan Newman Research, 2019. GEICO is a registered service mark of Government Employees Insurance Company, Washington, OC 20076; a Berkshire Hathaway Inc. subsidiary. © 2020 GEICO

EVERYTHING OUR EDITORS ARE BUZZING ABOUT THIS MONTH

BRING BOUTIQUE-HOTEL VIBES TO YOUR GUEST ROOM WITH THESE PRETTY ACCOUTREMENTS. JUST DON'T BE SURPRISED WHEN VISITORS WANT TO MOVE IN.

By Cat Dash

Photograph by Ted + Chelsea Cavanaugh

REAL SIMPLE 19



1 ALL FOR ONE

This ingenious accessory acts as a vase, a phone rest and charger, and a clock radio doppelgänger. TO BUY: Bedside Smartphone Vase, \$32; uncommongoods.com.

2 CREATURE COMFORTS

Offer up cozy loungewear for spa-style pampering. These can go through the wash between visitors. TO BUY: Cotton Jersey Cushion Slippers, \$15; muji.com. Cloud Cotton Robe, \$99; parachute home.com.

3 POWERFUL LIGHT

The lamp base has a USB port, so no one needs to ransack the room looking for an outlet. **TO BUY:** Staggered Glass Table Lamp, \$149; pbteen.com.

4 SCENTS OF OCCASION

When overnighters get a whiff of this citrusy candle, they'll think they're on a beach vacation (despite the pullout bed!). TO BUY: Capri Blue Candle Tin, \$16; anthropologie.com.

5 RAVE REVIEW

Guests can jot down reminders (or leave a heartfelt thank-you) in this personalized journal. TO BUY: Demi Neo Mint Notebook, \$27; papier.com.

6 SLEEK STORAGE

This gold-finish luggage rack, which supports up to 100 pounds, will instantly elevate their experience and their stuff. TO BUY: Rhys Luggage Rack, \$36; bedbathandbeyond.com.

7 QUIET TIME

A handsome analog clock minus the infernal ticking means more restful sleep. TO BUY: Desk Clock, \$75; taitdesignco.com.

8 MORNING PERKS

If they're used to a different time zone or have an early flight, they can brew a cup bedside rather than clatter around your kitchen in the wee hours. **TO BUY:** K-Mini Single Serve Coffee Maker, \$80; keurig.com.

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PLUS SEVEN OTHER BEAUTY
BUYS TO SIMPLIFY YOUR ROUTINE

By Heather Muir Maffei

1 Glossier Hand Cream

Talk about lending a helping hand:
The Instagram-favorite brand donated
10,000 of these squeezable pods to
health-care workers on the front lines
of the Covid crisis. The pink pepper
scent is lovely, the lotion feels like velvet, and the flip top requires only one
hand—whee! **TO BUY:** \$18; glossier.com.

Photograph by Ted + Chelsea Cavanaugh



5 LASH AMPLIFIER

CoverGirl Clean Fresh Mascara in **Extreme Black**

The curved wand deposits a mineraloil-free formula that lengthens, volumizes, and defines without clumping or smudging. TO BUY: \$9; ulta.com.

6 CHAPPED LIP SOOTHER

Summer Fridays Lip Butter Balm

The healing powers of a balm now come in a light, nonsticky, longlasting, vanilla-scented gloss with murumuru seed and shea butters. **TO BUY:** \$22; summer fridays.com.

7 BELIEVABLE BRONZER

Kosas The Sun Show Moisturizing Baked Bronzer

It's a powder that blends like a dream er, cream—so you look sun-kissed, never sparkly or streaked. Look at you glow! **TO BUY:** \$34 each; kosas.com.

8 SMARTER SOAP

Gelo Hand Soap Starter Kit

Reduce waste and reuse bottles in the easiest way: Just drop pods into water and shake for a sanitizing foam that saves money and the earth. TO BUY: \$7 each; gelo products.com.

2 DARK CIRCLE **BRIGHTENER**

Becca Cosmetics Anti-Fatigue Under Eye Primer

Cool to the touch, this vitamin E-laced balm has a slight shimmer to counteract sallowness and fills fine lines to prevent the dreaded concealer creasing. **TO BUY:** \$32; sephora.com.

3 SKIN TREAT

Aveeno Oat Mask with **Cucumber Extract**

Facial masks don't have to be fancy. Smooth this on and rinse after five minutes. Oats restore your skin barrier while cucumber and seaweed extracts wake up your face. TO BUY: \$12.50; cvs.com.

4 INVISIBLE **DRY SHAMPOO**

Dark & Lovely **Hair Refresher**

So many dry shampoos require rubbing or brushing to blend in-not this one. To revive protective styles like braids and twists, simply spray it onto your scalp and go. TO BUY: \$7; walmart.com.

What Should I Read Next?

TOP PICKS FOR EVERY TASTE

By Kristyn Kusek Lewis

Uplifting Love Story

In Katherine Center's What You Wish For, school librarian Samantha Casey's world is shaken up when the beloved principal is replaced by her former crush now a safety-obsessed stiff. As they work together and learn about the suffering they've both endured, they find that even in hard times, joy is at our disposal.

Historical Fiction

Fast Girls by Elise
Hooper blends fact
and fiction to tell the
stories of three trailblazing American
women and their
quest to compete in
the 1936 Olympics in
Berlin. Told in intricate
detail, against the
backdrop of a world
on the brink of war,
the novel shines a
light on these longoverlooked athletes.

Riveting Memoir

In Notes on a Silencing, Lacy Crawford recounts being sexually assaulted as a student at an elite New England prep school. Decades later, the school comes under investigation for its handling of such cases. Maddening and timely, this memoir reveals the cost to victims—and society at large-when powerful institutions protect their reputations, not their pupils.

Juicy Thriller

In The Golden Cage by Camilla Läckberg, one of Europe's bestselling crime novelists, Faye and Jack meet in business school, marry, have a kid, and build a billion-dollar business. But when the brash (and maybe diabolical) Faye discovers Jack's affair. she shows how far she'll go to get what is rightfully hers. Sexy, scandalous, and terrifying, this is the kind of suspense story you gobble up in one sitting.

Book Club Winner

Rachel Meyer is an adventurous 30-something New Yorker who has recently moved to Mumbai with her Indian-born husband when her motherin-law leaves her decades-long marriage...and moves in with them. Leah Franqui's Mother Land is a charming, tender examination of how two women with deeply ingrained differences find their middle ground.



Photograph by Ted + Chelsea Cavanaugh





Quick Ideas

1 BBQ-SPICED PECANS

Whisk 2 large egg whites in a large bowl until foamy. Whisk in 6 Tbsp. barbecue sauce, 1/4 cup packed light brown sugar, 2 tsp. kosher salt, and 3/4 tsp. black pepper. Stir in 4 cups pecan halves. Arrange evenly on 2 rimmed, parchmentlined baking sheets. Roast at 300°F, stirring once, until pecans appear dry, about 40 minutes. Let cool on baking sheets.

2 BBQ REMOULADE

Place 1/2 cup each mayonnaise and barbecue sauce, 2 Tbsp. each dill pickle relish and chopped chives, and 1 Tbsp. each chopped capers and coarse-grain Dijon mustard in a small bowl. Stir to combine.

3 BBQ POTATO SALAD

Boil 3 lb. Yukon Gold potatoes until tender. Drain, let cool to room temperature, and cube. Stir 3/4 cup barbecue sauce, ²/₃ cup sliced scallions, 1/2 cup mayonnaise, 1 Tbsp. coarse-grain mustard, 1 tsp. each kosher salt and black pepper, and 4 slices cooked, crumbled bacon. Combine potatoes and barbecue sauce mixture in a large bowl.

Rind more ways to finish off your bottle of barbecue sauce at realsimple.com/bbq.

By Jenna Helwig Recipes by







Road Test

Spread the Love

WE SMEARED, DRIZZLED, AND SPOONED 39
NUT AND SEED BUTTERS TO DISCOVER THE ONES
DESERVING OF YOUR CUPBOARD SPACE.

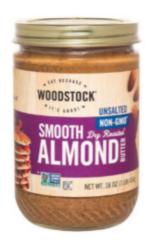
By Phoebe Fry



BEST NATURAL PEANUT BUTTER

Santa Cruz Organic Light Roasted Creamy Peanut Butter

Just peanuts and salt, this pick stood out from the other natural options thanks to its freshly ground taste and texture, plus its effortless stir. **TO BUY:** \$6.10 for 16 oz.; at grocery stores.



BEST ALMOND BUTTER

Woodstock Dry Roasted Smooth Almond Butter

We fell for this one at first bite.

Made exclusively from dryroasted almonds, it boasts
full-bodied flavor and the
perfect thickness (no drips!)
for slathering on toast.

TO BUY: \$15 for 16 oz.;
at grocery stores.



BEST PEANUT BUTTER

Skippy Creamy Peanut Butter

A classic for a reason.
This ultra-creamy, saltysweet selection works magic
on a squishy PB&J or in
your favorite cookie recipe.
TO BUY: \$2.75 for 16.3 oz.;
at grocery stores.



BEST SEED BUTTER

Wild Friends Organic Honey Sunflower Butter

Touches of sea salt and clover honey make this silky, subtly sweet blend not just an allergy-friendly substitute but crave-worthy in its own right.

TO BUY: \$9 for 16 oz.; wildfriendsfoods.com.



BEST CHOCOLATE-HAZELNUT SPREAD

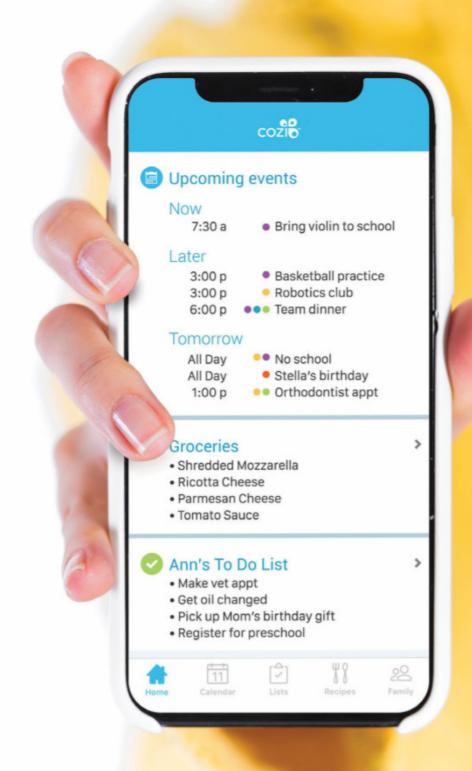
Nutella

This indulgent treat deserves its worldwide following.
Rich and supremely spreadable, it tastes heavenly on anything—including a spoon.

TO BUY: \$3.40 for 13 oz.; at grocery stores.



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Cozi is the #1 family organizing app

- A shared, color-coded calendar the whole family can see
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- Share the grocery list, chores and meal plan so everyone can chip in







I asked what kind of family Amina wanted. She said, 'A family like yours.' That's when I knew I had to adopt her.

Denise, adopted 17-year-old Amina



LEARN ABOUT ADOPTING A TEEN YOU CAN'T IMAGINE THE REWARD SIMPLE EXTRAS

ALL YOU NEED TO MAKE EVERYTHING SIMPLE.



REAL SIMPLE RELAX

Real Simple Relax is a new audio skill that features easy-to-follow guided meditations, brought to you by our friends at MyLife. Just ask Alexa to "open Real Simple Relax" to see just how simple meditation can be.





NEED HELP ZIPPING UP THE BACK OF YOUR DRESS?

Now zipping up is easy with The Best Friend. Simply CLIP, SLIP and ZIP and you'll be on your way. The Best Friend has got your back!

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BETTER MELON

Simply press this cutter into a slice of watermelon and freeze for summer's easiest homemade ice pop. TO BUY: Watermelon Popsicle Cutter, \$15 for 2; boonsupply.com.



TWO-IN-ONE LUNCH BOX

This insulated neoprene bag unzips to become a place mat for wherever your kid breaks bread (or potato chips). Machine washable. To BUY: FlatBox, \$18; flatbox.com.

LITTLE HELPERS TO MAKE YOUR LIFE EASIER

By Brandi Broxson





ROLLING LOADS

Fold this wheeled bag flat and keep it in the trunk, then pop it open to easily transport up to 66 pounds of groceries, sports equipment, or beach gear. TO BUY: Hulken Large Bag, \$63; hulkenbag.com.



SUDS ON DEMAND

When you're up to your elbows in dirty plates, just push the bamboo brush into the spring-loaded ceramic base for a quick lather of dish soap. **TO BUY:** Bubble Up Dispenser Set, \$15; grove.co.



SUN-SMART HAT

An extra-wide brim shades your face, and a detachable sun cape protects your neck. Zip off the crown to turn the hat into a visor. TO BUY: Sol Survivor 3-in-1 Convertible Sun Hat, \$40; duluthtrading.com.



SWEATY-CLOTHES SAVIOR

Back to school, back to sports, back to stinky uniforms! Add these beads to your laundry cycle to cut odor and stains. TO BUY: Method Laundry Booster Sport, \$10; methodhome.com.

Give Your Dry Eyes A Boost Of Hydration



New SYSTANE® HYDRATION Preservative Free eye drops help restore moisture to dry eyes with the soothing relief of HydroBoost technology.

The Relief is Real[®]

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HOW TO SLEEP WHEN IT'S SWELTERING

Getting a good night's sleep is no easy feat once the mercury begins to rise. Aside from lowering the temperature with a fan or air-conditioner (the ideal sleeping temp is a chilly—though not cheap—60 to 67 degrees Fahrenheit), one secret to staying cool is using linen bedding. Unlike flannel or high-thread-count cotton sheets, breathable linen fabric can help reduce sweating, making a comfortable snooze more likely. And if you share a bed, get your own blanket: "When bed partners have different optimal sleep temperatures, a solution is to use separate covers," says Jennifer Martin, PhD, a board member of the American Academy of Sleep Medicine. The common European practice of keeping two duvets on a bed helps people regulate their body temperature throughout the night—a midsummer night's dream for restless sleepers.

By Rachel Sylvester

Things Cooks Know

Make Produce Last and Last

WHETHER YOU HAVE A BOUNTY FROM YOUR VICTORY GARDEN
OR WENT WILD AT THE FARMERS MARKET, THESE FUSS-FREE STRATEGIES
WILL HELP YOUR BUMPER CROP KEEP WELL INTO FALL.

By Jenna Helwig



Whip Up Refrigerator and Freezer Jams

BEST FOR: Berries, stonefruit, and pears.

KEEP: Refrigerate for 3 to 4 weeks; freeze for up to 6 months.

USE: Stir into yogurt, slather onto toast, or spread between cake layers.

Place 3 cups washed, chopped fruit or mashed berries in a wide saucepan. Add 1 cup sugar and 1 tablespoon lemon juice. Let sit until sugar starts to dissolve, about 20 minutes. Bring to a rapid boil over high, stirring often. Reduce heat to medium-high and cook, stirring constantly, for 8 to 12 minutes. "It's ready when the volume in the pan has reduced by at least a third and the jam looks glossy," says Marisa McClellan, author of The Food in Jars Kitchen. Pour into clean containers, let cool, and refrigerate or freeze.

Quick-Pickle Veggies

BEST FOR: Cucumbers, asparagus, carrots, green beans, cauliflower, zucchini, and jalapeños.

KEEP: Refrigerate for up to 4 weeks.

USE: Eat as a snack, top burgers or sandwiches, or serve on a cheese board.

Wash 1 pound vegetables and cut into 1-to-2-inch pieces. Place in large mason jars or other lidded, heatproof containers. Add 1 teaspoon peppercorns. "You can also add fresh or dried herbs for extra flavor," McClellan says. Combine 1 cup white vinegar, 1 cup water, and 1 tablespoon kosher salt in a small saucepan. Bring to a simmer, stirring to help salt dissolve. Pour over vegetables in jars and let cool. Refrigerate for at least 4 hours before eating.



Only 25 calories | Just 3 grams of sugar | No artificial colors or flavors | Gluten-free









Freeze Herbs in Oil

BEST FOR: Hardy herbs, like rosemary, sage, oregano, and thyme.

KEEP: Freeze for up to 6 months.

USE: Melt 1 or 2 cubes directly in a skillet to add more flavor to sautéed meat or veggies, or thaw in a pot for a soup starter.

Remove stems and gently tear or chop leaves. "This will slightly bruise the herbs and help release their natural oils," says Aimée Wimbush-Bourque, a cookbook author and the creator of the blog Simple Bites. Fill the compartments of an ice cube tray about halfway with herbs—one type or a combination—and cover with olive oil. Wrap the tray so it's airtight and freeze. Once frozen, transfer the cubes to a freezer bag or other storage container.

Oven-Dry Tomatoes

BEST FOR: Cherry or plum tomatoes.

KEEP: Refrigerate for up to 1 week; freeze for up to 6 months.

USE: Chop and fold into grain salads or pasta dishes, or layer onto sandwiches.

Halve the tomatoes (as many as you want!) and place, cut sides up, in a single layer on a parchment-lined baking sheet. Drizzle with olive oil and sprinkle with salt. Bake at 250°F until tomatoes are slightly wrinkled and jammy, 2 to 3 hours. If you have an air fryer, you can do this in 30 to 45 minutes: "All you need is a bit of oil, salt, and a few dried herbs," says Urvashi Pitre, author of Air Fryer Revolution. "Cut the tomatoes in half, mix with the seasonings, and cook until they reach your desired texture." Pack the tomatoes into small containers, cover with olive oil, and refrigerate or freeze.

Blend Some Pesto

BEST FOR: Basil, cilantro, parsley, tarragon, and mint.

KEEP: Refrigerate for up to 3 days; freeze for up to 6 months.

USE: Toss with pasta, swirl into soup, drizzle onto veggies, mix with plain yogurt for a dip, or dollop onto pizza.

Place 2 cups packed herbs (one type or a combination) in a food processor. Add ½ cup grated Parmesan cheese, 1/3 cup toasted nuts or seeds, 2 cloves garlic, 1/2 teaspoon salt, and ³/₄ cup olive oil; process until smooth. "While traditional basil pesto uses pine nuts, experiment with almonds, walnuts, hazelnuts, pepitas, cashews, or pecans," Wimbush-Bourque says. Divide into 1/3-cup portions, which will sauce 8 ounces pasta. Cover the pesto with a thin layer of olive oil before storing.



#1 Doctor Recommended Pain Relief Brand for those with High Blood Pressure.



TYLENOL® won't raise your blood pressure or interfere with certain blood pressure medications like ibuprofen or naproxen can.

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Decor by Destination

SATISFY YOUR WANDERLUST BY BRINGING THE SIGNATURE STYLE OF ONE OF THESE THREE DREAMY SPOTS INTO YOUR OWN SPACE.

By Leslie Corona and Stephanie Sisco



SOUTHWEST

Go with warm, earthy tones; graphic ceramics; and touches of leather and copper.

1 CANDLEHOLDER

Tubular terra-cotta makes for a simple yet striking table accessory. **TO BUY:** Sin Uni Candlestick, \$38; luluandgeorgia.com.

2 STATEMENT TILES

Reminiscent of gorgeous Navajo rugs, these hand-painted tiles can be accents in your kitchen backsplash. Available in four colorways. **TO BUY:** Old Cairo Tiles, \$35 each; fireclaytile.com.

3 SAGE STICKS

Light these little bundles to give your house an herbaceous fragrance (and chase away bad vibes). **TO BUY:** Floral Sage Smudge Sticks, \$18 each; blueribbongeneralstore.com.

4 STRIPED QUILT

An American-made blanket the colors of the sky and red rocks at Zion National Park. Some proceeds go to the National Park Foundation.

TO BUY: Zion National Park Pieced Quilt Set (opposite page), from \$129; pendleton-usa.com.

5 RIDGED BOWLS

Serve your favorite dip in a bowl that's one of the (many) colors of a desert sunset. TO BUY: Paola Ridged Cereal Bowls, \$12 each; urbanoutfitters.com.

6 COPPER PENDANT

The warm finish of this metal light fixture will soften a stark space. TO BUY: Nederland 1-Light Single Dome Pendant, \$185; allmodern.com.

7 TERRA-COTTA PLANTER

Geometric insets give this 10-inch planter a modern basket-weave look. Use it indoors or out. TO BUY: Geo Terracotta Planter. \$60; cb2.com.

8 WOVEN CHAIR

The teak base offers sturdy seating, and the leather straps will only get better with age. **TO BUY:** Decor Therapy Roy Antique Brown Leather Strap Chair, \$269; amazon.com.

9 PEDESTAL VASE

Nestle your succulent in this minimalist ceramic planter in turquoise and sandy hues. TO BUY: Tan Moon Ceramic Vase, \$79; jungalow.com.

10 METAL WALL PLATE

Mix in small copper elements, like this hammered switch plate, throughout your home for a rustic (rather than builder-grade) effect. **TO BUY:** Hand Hammered 1-Gang Rocker Wall Plate, \$13; wayfair.com.

11 LONG LUMBAR

The only accent pillow your bed needs—48 inches of cool desert style. TO BUY: Villa Lumbar Pillow, \$195; the-citizenry.com.





1 CANDLEHOLDERS

Dress up a bookshelf or buffet with these brass palm trees even without candles, they make a statement. **TO BUY:** Palm Tree Brass Taper Holders, \$82 for 2; furbishstudio.com.

2 BOTANICAL WALLPAPER

Create a feature wall or refresh a powder room using this geometric pattern in an ocean-blue shade. TO BUY: Granada Wallpaper, \$198 per roll; serenaandlily.com.

3 RATTAN ARMCHAIR

The natural material lends a beachy-boho feel. **TO BUY:** Buskbo Armchair, \$160; ikea-usa.com.

4 TROPICAL SCONCE

Add a warm welcome to your entryway with a pair of bright light fixtures. Available in six colors. **TO BUY:** Bamboo Stick Sconce, \$179; shadesof light.com.

5 DECORATIVE SHELL

Landlocked? Adorn your seaside-inspired retreat with a sculptural hand-cast shell. TO BUY: Mini Clam Shell, \$39; ballarddesigns.com.

6 GARDEN STOOL

Set drinks on this ceramic number, or use it as extra seating—indoors or out. TO BUY: White Palm Leaf Cutwork Garden Stool, \$125; overstock.com.

7 ACRYLIC GLASSES

These colorful (and unbreakable!) cups were made for drinks on the patio. TO BUY: Riviera Striped Acrylic Drinkware, from \$49 for 6; frontgate.com.



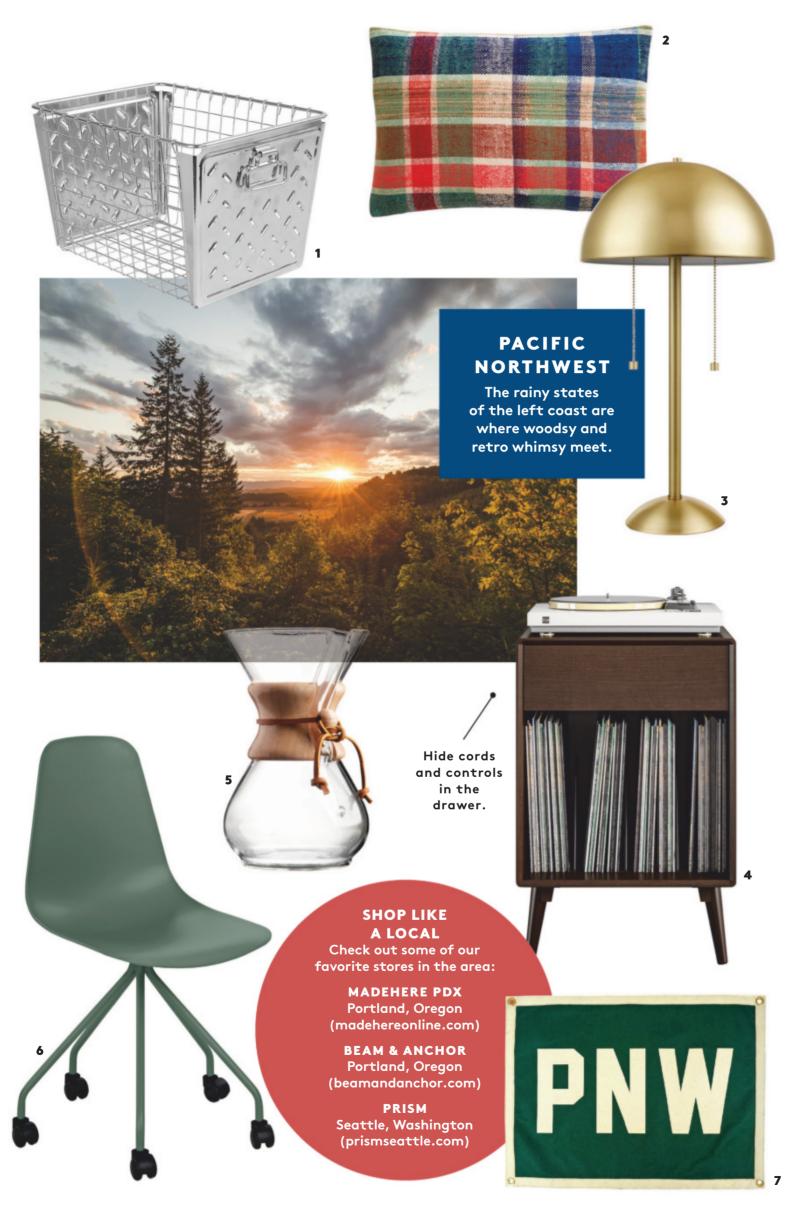












1 METAL BASKET

This utilitarian-chic storage is perfect for your study's open shelving. **TO BUY:** Spectrum **Diversified Macklin Medium** Basket, \$13; amazon.com.

2 PILLOW COVER

No Pacific Northwest look is complete without at least a dash of plaid. TO BUY: Elliott Plaid Throw Pillow Cover #3, \$85; unisonhome.com.

3 BRASS LAMP

The vintage-looking dome shade holds two bulbs for varied wattage on your desk. TO BUY: Haydel 2-Light Matte Brass Table Lamp by Novogratz x Globe Electric, \$40; homedepot.com.

4 RECORD TABLE

Place your record player on this midcentury-style side table and store your vinyl inside it. **TO BUY:** Brittany Turntable Stand, \$199; shopthenovogratz.com.

5 COFFEE MAKER

A hipster-cool Chemex will deliver a satisfying brew every time. **TO BUY:** 6 Cup Classic Chemex Coffeemaker, \$45; blueribbongeneralstore.com.

6 OFFICE CHAIR

Upgrade your at-home work space with a rolling chair that has some personality—and won't break the bank. **TO BUY:** Svelti Aloe Green Office Chair, \$69; article.com.

7 CAMP FLAG

Introduce some regional pride to your walls with this wool-felt flag. TO BUY: PNW Camp Flag, \$50; oxfordpennant.com.



$-\!-\!-$ TALK TO YOUR ECZEMA SPECIALIST AND VISIT DUPIXENT.COM OR CALL 1-844-DUPIXENT (1-844-387-4936) $-\!-\!-$

INDICATION

DUPIXENT is a prescription medicine used to treat people 12 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

healthcare provider about all your your healthcare provider. medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are taking oral, topical, or inhaled corticosteroid • Allergic reactions (hypersensitivity), the possible side effects of DUPIXENT. © 2019 Sanofi and Regeneron medicines. **Do not** stop taking your corticosteroid medicines unless

instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about IMPORTANT SAFETY INFORMATION all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. If you are taking asthma medicines, do not change or stop your Before using DUPIXENT, tell your asthma medicine without talking to

effects, including:

as anaphylaxis. Stop using DUPIXENT about side effects. You are encouraged All Rights Reserved. DUP.19.09.0035

and tell your healthcare provider or to report negative side effects of breathing problems, fever, general 1-800-FDA-1088. ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded or skin rash.

provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis **include** injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold Please see Brief Summary on next sores in your mouth or on your lips. page.

Tell your healthcare provider if you DUPIXENT can cause serious side have any side effect that bothers you or SANOFI GENZYME TREATMENT REGENERON that does not go away. These are not all including a severe reaction known Call your doctor for medical advice Pharmaceuticals, Inc.

getemergency help right away if you prescription drugs to the FDA. Visit get any of the following symptoms: www.fda.gov/medwatch, or call

Use DUPIXENT exactly as prescribed. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that (low blood pressure), joint pain, you or a caregiver can give DUPIXENT injections, you or your caregiver should • Eye problems. Tell your healthcare receive training on the right way to prepare and inject DUPIXENT. Do not try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.

Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only (DU-pix'-ent)

injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
- to treat people aged 12 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT? Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are taking oral, topical, or inhaled corticosteroid medicines. Do not stop taking
 your corticosteroid medicines unless instructed by your healthcare provider. This
 may cause other symptoms that were controlled by the corticosteroid medicine
 to come back.
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.

Pregnancy Registry. There is a pregnancy registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about your health and your baby's health. You can talk to your healthcare provider or contact 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/ to enroll in this registry or get more information.

 are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

How should I use DUPIXENT?

- See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes.
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.
- If you miss a dose of DUPIXENT, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT.
 Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT? DUPIXENT can cause serious side effects, including:

- Allergic reactions (hypersensitivity), including a severe reaction known
 as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get
 emergency help right away if you get any of the following symptoms: breathing
 problems, fever, general ill feeling, swollen lymph nodes, swelling of the face,
 mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low
 blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Eye and eyelid inflammation, including redness, swelling and itching have been seen in patients who have atopic dermatitis. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

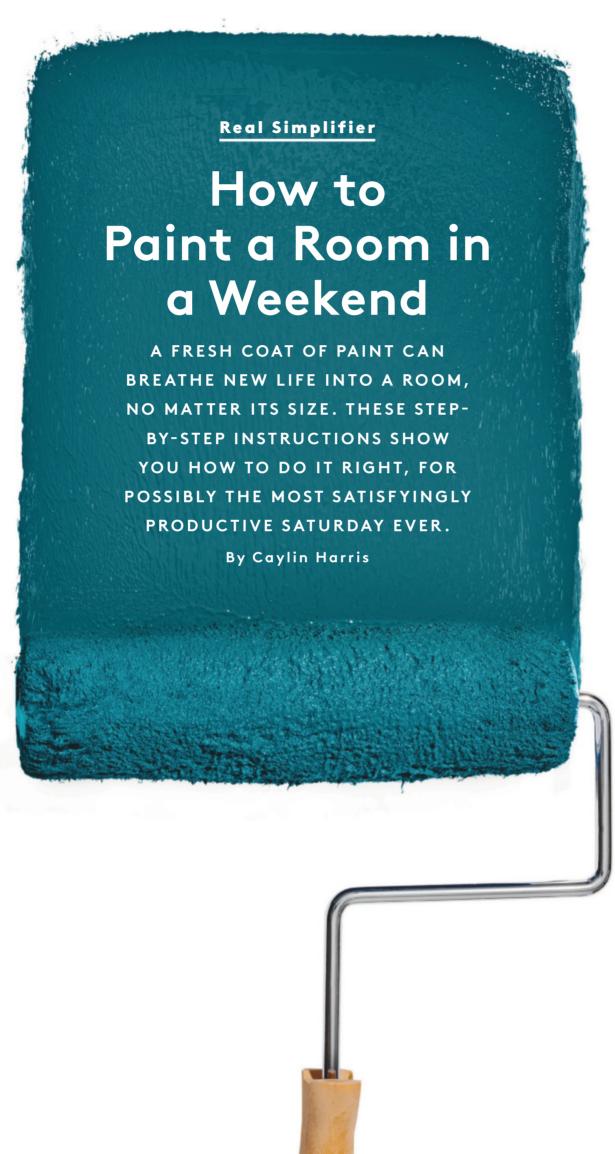
For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591 U.S. License # 1760; Marketed by sanofi-aventis U.S. LLC, (Bridgewater, NJ 08807) and Regeneron Pharmaceuticals, Inc. (Tarrytown, NY 10591) DUPIXENT is a registered trademark of Sanofi Biotechnology / ©2019 Regeneron Pharmaceuticals, Inc. / sanofi-aventis U.S. LLC. All rights reserved. Issue Date: June 2019





PREP YOUR SPACE

Unless you like the '80s paint-splatter look on your sofa, move as much furniture out of the room as possible, and clear the walls of art, light fixtures, and switch plates. (Store removed hardware in labeled zip-top bags to spare yourself a headache later.) Tape protective paper to the floor around the edges of the room, and cover any remaining furniture with drop cloths. Check the walls for small holes, and fill them in with your putty knife and premixed spackle (such as 3M High Strength Small Hole Repair, from \$11 for 8 oz.; 3m.com for stores). Scrape the blade at many different angles for the smoothest fill, then let the spackle dry, says Joey Corona, division merchandise manager for paint at the Home Depot. Sand rough spots and vacuum the dust, then fill cracks and gaps around moldings and trim with latex caulk and a caulking gun. Wait about 30 minutes for the caulk to dry (check the label).

Tools of

the Trade

Here's what you'll need to complete this DIY.

- □ Protective paper, like kraft or rosin
- □ Drop cloths
- ☐ 2-in. putty knife
- □ Premixed spackle
- □ 220-grit sandpaper
- ☐ 10-oz. tube latex caulk
- □ Caulking gun
- □ Painter's tape
- □ Primer
- □ Paint
- ☐ Ceiling paint (optional)
- □ Rollers, roller covers, and roller extension pole
- ☐ Paint trays
- □ 2¹/₂-in. angled brush
- Stepladder







_

TAPE, TAPE, TAPE!

Painter's tape is the single most important product for a crisp, pro-style finish (though true professional painters—they of the steady hands—often don't use it). We like FrogTape (\$6; amazon .com). Stick it around windows, baseboards, and crown molding, Corona says. For the easiest handling, use two-to-three-foot lengths. Run your thumb over the edges of the tape to seal. Tape plastic wrap over doorknobs and other surfaces you want to avoid.



3

PRIME TIME

Now you're ready to prime, which reduces the number of coats of paint you'll need, saving you money. If you're going for a drastic color change, choose a graytinted one. Gather your supplies: high-quality primer and paint (one gallon per 400 square feet), a roller and covers, an extension pole, paint trays, an angled brush, and a stepladder. If you really want your new paint color to pop, consider painting the ceiling first. A fresh coat (usually in a flat white) will keep the ceiling from looking dingy next to newly painted walls, says Edward C. Giarrizzo, owner of the People's Painter in Miller Place. New York.



GET TO PAINTING

First you'll need your angled brush to cut in i.e., paint a two- or threeinch border—along the edges of doors, windows, corners, trim, and any other spots your roller won't reach. Now grab the roller and extension pole (which can help ease back strain) to tackle the large, flat portions of the walls. Roll overlapping M's or W's, each about three feet tall, until the section is covered. Apply moderate, even pressure—too much force can cause splattering and a streaky texture when the paint dries. Wait four hours, then add a second coat for the truest color. Let paint dry for 24 hours before removing the painter's tape (pull it toward you at an angle) and replacing furniture and accessories.

A taste of elegance.

Same delicious yogurt, three new limited edition designs.





INSPIRED BY OUR AUTHENTIC FRENCH RECIPE

2020 Real Simple Home Preview

Design an Owner's Suite with Wiggle Room

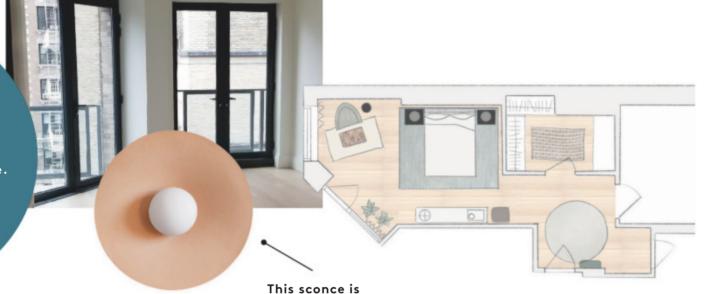
FLEXIBILITY IS KEY FOR THE MOMS WHO SLEEP IN THE BEDROOM—AND
THE TODDLERS WHO ACT LIKE THEY RUN THE PLACE. OUR TEAM SHOWS HOW
TO STRIKE A BALANCE BETWEEN CALMING AND KID FRIENDLY.

By Stephanie Sisco

OUR METHOD

We paired editor

"clients" with our Real
Simple Home designers to
help identify the goals and
challenges within each space.
Here's what resulted from
the collaboration among
Rebecca, Kate,
and Emily.



GOAL

Emily and her wife want their space to feel relaxing, have the cool factor they crave—and stand up to the shenanigans of their active twins.

CHALLENGE

Hitting the right combo of soft, sweet, and edgy while making the space toddlerproof—can seem nearly impossible.







Rebecca Atwood **DESIGNER AND ARTIST**

Rebecca has an uncanny ability to mix her wall coverings and fabric designs in refreshing ways. Learn how to do it yourself with her books Living with Pattern and Living with Color.



Kate Hamilton Gray INTERIOR DESIGNER

With a background in furniture design, Kate has an eye for details. She brings her signature touches—vintage furniture, unique wall treatments to the owner's suite of the Real Simple Home.



Emily Kehe CREATIVE DIRECTOR AT REAL SIMPLE

Both Emily and her wife work in a creative field and appreciate beautiful things. But as parents of two young boys, they also need those things to be functional and resilient.



Visit realsimple.com/rshome20 for bonus content from this year's Real Simple Home.



The Balanced Approach

FIND THE YIN TO YOUR YANG When planning your bedroom, pick the bed first. If you opt for a wooden headboard, that should influence the surrounding elements: Go with softer options, like an upholstered chair or whimsical wallpaper, to balance out the hard edges.

CONSIDER LONGEVITY The newest indoor/outdoor fabrics are so elegant, you'd never know they're also durable. Try the fabric on pillows, your headboard, and elsewhere to add coziness—or use it on your reading chair right by the window to avoid fear of fading.

ACCOMMODATE THE WHOLE FAMILY Scatter pretty storage baskets to keep stuffed animals and dinosaur figurines accessible...but out of sight.





7 Lightweight Scarf

Be ready for chilly nights with a soft, gauzy scarf in a warm honey hue. TO BUY: Printed Scarf. \$38; bodenusa.com.

8 Sunglasses

Reach for these retro frames whenever you (a) are in the sun or (b) have an urge to channel Jackie O. **TO BUY:** Asos Design Mid Square Sunglasses, \$19; asos.com.

9 High-Waisted Shorts

The chic cut and cinched waist could coax anyone out of the "I can't wear shorts" camp. The butterscotch stripes just sweeten the deal. **TO BUY:** Vertical Stripe Belted Paperbag Shorts, \$8; us.shein.com.

10 Hoop Earrings

Big, playful hoops in a lemon color can dress up even your simplest white T-shirt. **TO BUY:** Emilia Thick Hoop Earrings, \$26; mulberry-grand.com.

11 Sneakers

When there's lots of walking on the itinerary, slip into these mango-hued classics. TO BUY: Women's Champions, \$45; keds.com.

6 Statement Necklace

It's metallic, it's sparkly crystal, it's shiny yellow plastic—it's a surprisingly sophisticated choker. TO BUY: Resin and Pave Curb Chain Necklace, \$50; jardinjewelry.com.

THE REALIST





BY **ESSIE**®

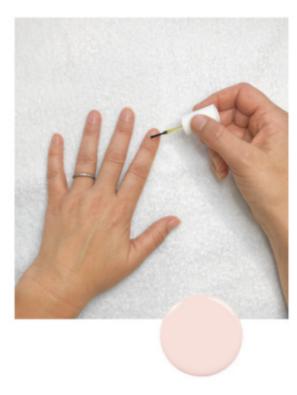
NEW SUNSET SOIRÉE COLLECTION





TRIM AND SHAPE

Cut your nails so they're all the same length, says Michelle Saunders, a nail expert in Los Angeles. She recommends using small clippers because they're more precise than larger versions, which are better for toenails. We like the Tweezerman Stainless Steel Fingernail Clipper (\$7; tweezerman.com). Then shape nails with a zebra file; look for a grit of 180 for the most natural finish, regardless of your filing technique (back and forth is OK!). "Shape them to work with your lifestyle—there's no right or wrong," Saunders says, while noting that oval is the most low-maintenance. Soften any roughness at the tip with a white block buffer.



2 CLEAN AND PAINT

Before painting, clean nail beds with an alcohol-saturated cotton pad. Choose a polish that contains a base coat, color, and topcoat in one, like Essie's Treat & Love Color (\$10; cvs.com). A sheer beige or pink is pretty and neutral enough to go with a week's worth of outfits. Place one hand flat on a surface and, with the other hand, apply polish in quick, short strokes, ending with a horizontal swipe across the edge of the nail to prevent chips and water damage. Add a dab of cuticle oil. (Olive oil works just fine too.)



MAINTAIN

Once a week, after you shower, push back your cuticles with an index finger wrapped in your towel, or use an orange wood stick. Then apply cuticle oil to keep your nails flexible and less apt to break. Sally Hansen Cuticle Rehab Oil Balm (\$10; ulta.com) is a mess-free pen. Always put on lotion after you wash or sanitize your hands: Saunders says not doing so is like using shampoo without conditioner. Try Essentiel by Adele Moisture (\$39 for 8.4 oz.; essentielbyadele.com), which was created by a hand model. "It absorbs quickly, you can use it anywhere, and it smells divine," Saunders says.

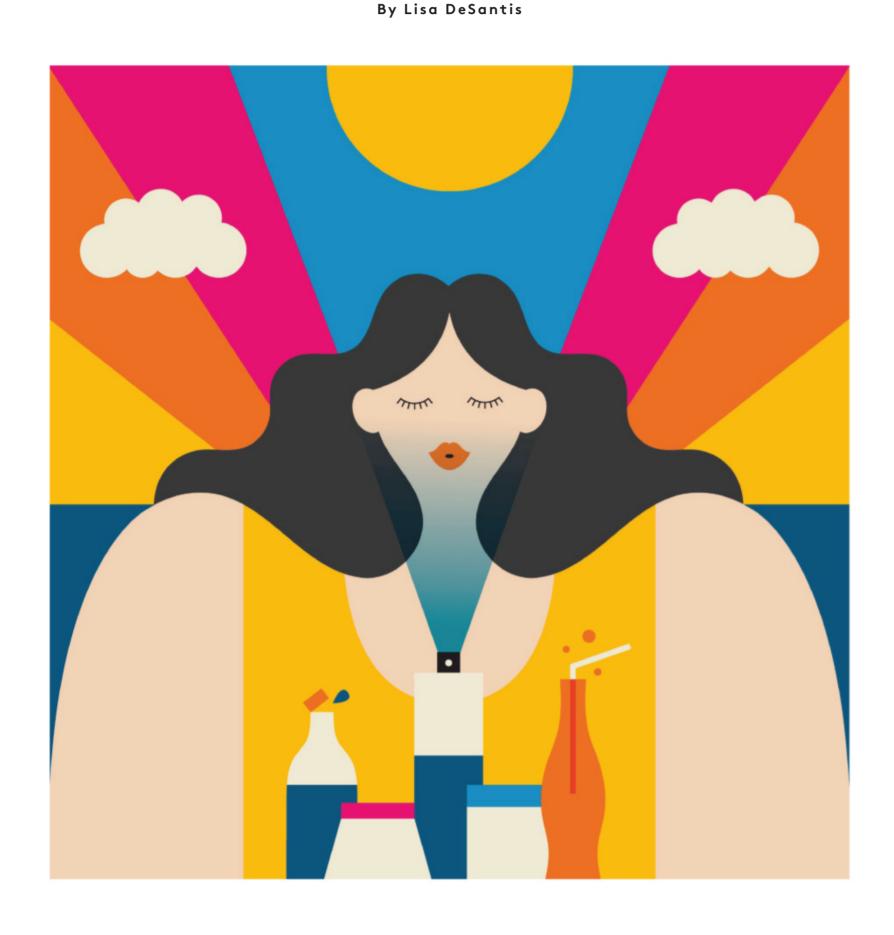


Summer Beauty

Hot Weather Skin Swaps

WHEN TEMPS SKYROCKET AND MUGGINESS MUGS YOU, THE LAST THING YOU WANT TO DO IS SLATHER ON RICH CREAMS.

HERE, DERMS SHARE THEIR TOP TIPS FOR A LIGHTENED-UP ROUTINE.





\$39; pausewell

Exfoliate Smartly

Since you're likely sweating more and wearing SPF, you'll benefit from a deeper cleanse than what your usual face wash can offer. To purge pores and slough away dead skin, use an exfoliant with gentle ingredients. "Try mandelic acid, lactic acid, or polylactic acid," says Melanie D. Palm, MD, a dermatologist in Solana Beach, California. Kenneth Howe, MD, who practices at Wexler Dermatology in New York City, recommends glycolic acid, which "exfoliates gently and has the added benefit of stimulating collagen production."

Even gentle exfoliants expose a new layer of skin to sun damage, so you still want to be extra diligent about sunscreen. Find an SPF that won't clog pores; look for the magic word "noncomedogenic" on the label. We like First Aid Beauty Weightless Liquid Mineral Sunscreen with Zinc Oxide SPF 30 (\$34; sephora.com).

Literally, Chill Out

Besides opting for gentler ingredients, try cooling products, which can actually make you feel like your body temp has dropped. "Some are alcohol-based or contain peppermint or menthol, and they can be nice and cooling on the skin," says Alicia Zalka, MD, a dermatologist in Connecticut. (If you have sensitive skin, she says, do a patch test first.) Pause Hot Flash Cooling Mist was formulated for—you guessed it—women going through menopause, but it can be used by anyone who needs some refreshing. Spritz it onto the back of your neck or the pulse points of your wrists for an instant tingle.

Lotion Less Frequently

After a hot shower, you just want to escape the greenhouse conditions of the bathroom-not stand there and plaster on a thick cream. The good news: There's no need to moisturize from head to toe. Instead, use a bodywash that has nourishing ingredients, like Dove Refreshing Body Wash with Cucumber & Green Tea, so you can shorten that postshower step. "It's not usually necessary to cover your entire body with lotion. Just target areas that look dry-like the shins or the arms," Howe says. Try Caudalie Hyaluronic Acid Nourishing Body Lotion (\$25; sephora.com).

Go for Lighter Formulas

Humidity may be a bummer for your hair, but it's a boon for your skin: "The ambient moisture keeps skin cells hydrated," Zalka says. The heat can make your skin churn out more natural oils, though, "so it's a good time to switch to gel and serum moisturizers, which are less occlusive," she adds. Try Farmacy Daily Greens Oil-Free Gel Moisturizer, which combines hyaluronic and polyglutamic acids with willow herb to help regulate sebum production—meaning skin is hydrated but not greasy.



TO BUY: Farmacy Daily Greens Oil-Free Gel Moisturizer, \$38; sephora.com.



TO BUY: L'Oréal Paris Derm Intensives 10% Pure Glycolic Acid Serum, \$30; at drugstores.



TO BUY: Dove Refreshing **Body Wash** with Cucumber & Green Tea, \$6; at drugstores.



relating

5 Ways to Really Dig into Summer

WITH TINY TWEAKS AND

MINIMAL PLANNING, YOU CAN

TURN ORDINARY ACTIVITIES

INTO AWESOME ONES.

By Sharlene Breakey

Photograph by

1

Soak up nature... after dark.

Bring a flashlight—but for emergencies only. Instead, notice your night vision kick in. As you stare at a tree, your eyes will adjust and you'll soon be able to pick out 10 leaves, then 100. Now look up at the moon. Walking toward it is how you'll see best it acts as a spotlight, illuminating details: small stones, gnarled roots, branches stretching to the stars. As you gaze up, find the Big Dipper. The middle star in the handle? Look closer: It's actually two, side by side. Finally, as long as you don't live in bear country, tiptoe with the wind at your face (so wildlife won't smell you) and you may surprise a deer or a rabbit.

TRISTAN GOOLEY IS THE AUTHOR OF THE LOST ART OF READING NATURE'S SIGNS.

2

Build a sandcastle... like a pro.

The key: Spend a third of your time making a big pile of wet sand. Pack buckets and shovels, but also carving tools, like a spatula, paintbrush, and melon baller. Form a sand pile that's about a foot or two high and flat on top with a small lip, like a shallow volcano. Pack it down-step on it!—and pour water on top so it pools in the middle and seeps into the sand. Repeat until the pile is the height you want. Now carve shingles, windows, and so on (look for design ideas online). Use the paintbrush to smooth and the melon baller to add decorative half scoops.

MARK MASON IS A PROFESSIONAL SAND SCULPTOR WITH TEAM SANDTASTIC.

3

Go bike riding... but make it "bike packing."

You can easily hop on the fun trend that combines mountain biking and backpacking: Take a leisurely bike ride, then stay at a hotel, a bed-and-breakfast, or even a friend's house. Just fill a backpack, and a bike ride becomes a terrific way to see your area in a new light. We suggest that beginners travel 25 or 30 miles, but even 10 is enough. Look for things to do along the way—a cute lunch spot, historical sites you've never visited. You don't need to carry much, especially if you drive your suitcase to your destination the day before.

EVA DUNN-FROEBIG IS THE EVENTS AND OUTREACH COORDINATOR FOR THE ADVENTURE CYCLING ASSOCIATION.

4

Throw a barbecue... with no grill.

A "campfire" cookout, which trades a backyard grill for a firepit, makes an outdoor meal more special. Roasting precooked bratwurst or hot dogs on a stick is easy, but you can cook just about anything if you use a grate. The trick is to cook over embers, not roaring flames. My crew loves pizza, so I prep one in the kitchen, toss it together outside, then place it in a cast-iron skillet over the fire. Eat your meal on picnic blankets. And for dessert, of course, let everyone make their own s'mores. Sometimes, for fun, we substitute sandwich cookies for graham crackers.

MARNIE HANEL IS A COAUTHOR OF THE CAMPOUT COOKBOOK: INSPIRED RECIPES FOR COOKING AROUND THE FIRE AND UNDER THE STARS.

5

Revel in cherry season... with a DIY delight.

Friends love my easy recipe for maraschino cherries, which are totally worthy of your ice cream sundae! Buy a pound of deep red cherries. Remove the pits but leave the stems. Mix 1½ cups of water, a cup of pomegranate juice, a cup of sugar, the juice of three lemons, the peel from an orange, a pinch of salt, and a star anise. Bring to a boil, then lower heat to a simmer, stirring occasionally until the sugar dissolves. Drop in the cherries and simmer for 10 minutes. Put the whole mixture in an airtight container in the fridge for three days so the syrup soaks in. Voilà! A sweet treat that lasts about two weeks.

STEFANI POLLACK IS A BAKER IN ST. LOUIS AND THE FOUNDER OF CUPCAKE PROJECT.





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Try other favorites!





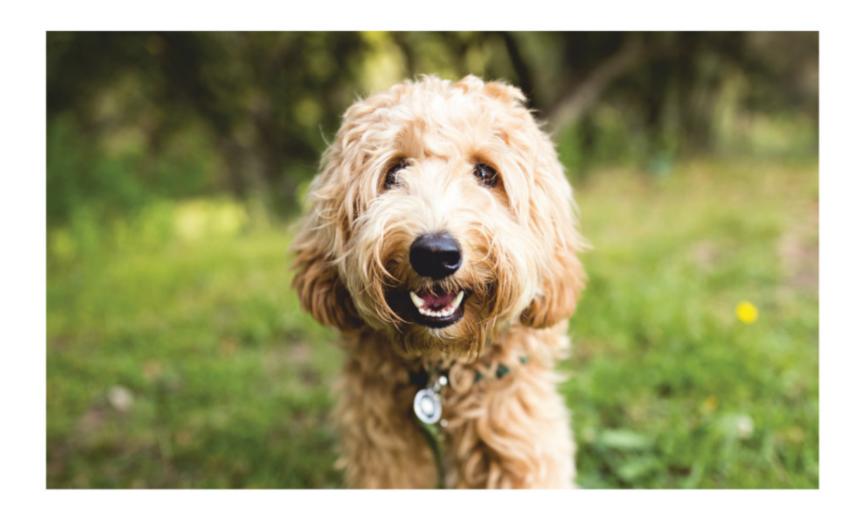


Pet Tricks

Happy Teeth

KEEP YOUR PET'S CHOMPERS HEALTHY AND STRONG WITH THIS VET-BACKED ADVICE.

By Juno DeMelo



Brush Daily

Brushing for about one to two minutes a day can prevent many types of dental disease. Try doing it at night, as a sleepy pet might be more cooperative. To get your pet comfortable, spend a week on each of the following steps, offering a treat after each session: Week one, let him smell and taste toothpaste made for pets. Week two, apply a dab to his teeth. Week three, let him lick it off a pet toothbrush. Week four, brush the front of his teeth, focusing on the gumline. This area tends to collect the most tartar—and, luckily, is easy to reach.

Have a Backup Plan

If your pet is among the many who resist brushing, try wiping his teeth with gauze, a washcloth, a cotton swab (cats love swabs dipped in tuna juice), or a pet dental wipe. If he won't go for that either, ask your vet to prescribe kibble that can help prevent tartar buildup. Or try dental chews, which work by scraping away plaque and tartar.

Beware the Chew Toy

Antlers, hooves, bones, ice cubes, tennis balls, and hard yak cheese can damage teeth, so keep those off-limits. To test whether something is safe for your pet's teeth, see if it can snap in half or bend easily. If it can, it's likely OK. Though rawhide is usually fine for teeth, some dogs can have trouble digesting it, so talk to your vet. For a list of vet-accepted chews and treats for cats and dogs, go to vohc.org. No matter which chew you choose, always supervise pets at treat time.





Keep Tabs

While pets don't usually get cavities, they are at risk of gingivitis, periodontal disease, broken teeth, abscesses, and tooth resorption. Call your vet if you notice bad breath, drooling, or bleeding; cats may also groom themselves less when their mouth hurts. Your vet should check your pet's teeth at least annually and, ideally every year, give him a proper cleaning. Cleanings average around \$600 but may be covered by pet insurance. Your pet should be anesthetized so your vet can take X-rays, probe, and treat the 60 percent of the tooth that's under the gumline. If your pet has severe dental disease or a health condition that makes him a high-risk candidate for anesthesia, you may be referred to a veterinary dentist or oral surgeon.

OUR EXPERTS

JAN BELLOWS, DVM,

PRESIDENT OF THE FOUNDATION FOR VETERINARY DENTISTRY AND A VETERINARY DENTIST AT ALL PETS DENTAL IN WESTON, FLORIDA

MJ REDMAN, DVM,

CHAIR OF THE FOUNDATION FOR VETERINARY DENTISTRY PUBLIC RELATIONS COMMITTEE AND A VETERINARY DENTIST AT ANIMAL DENTAL CARE & ORAL SURGERY IN LOVELAND, COLORADO

The Gear



TASTY PASTE

This comes in poultry and beef flavors and helps remove plaque. **TO BUY:** Petsmile Professional Pet Toothpaste, from \$15; petsmileusa.com. (Use code REALSIMPLE for 15 percent off.)



CLEANSING WIPES

To help control bacteria growth in your dog's or cat's mouth, firmly rub his teeth with one of these. **TO BUY:** Vetradent Dental Wipes, \$16 for 60; 1800petmeds.com.



SCOUR POWER

These chewy treats taste like chicken and help clean teeth. **TO BUY:** Purina DentaLife Daily Oral Care Dog Treats, from \$4.60; chewy.com.

The Science

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IN HIS CLASSIC essay "The Myth of Sisyphus," Albert Camus compared the punishment of Sisyphus—condemned by the gods to repeatedly roll a boulder up a mountain-to humanity's futile search for meaning. But any parent would probably agree that the story of Sisyphus is really about... housecleaning. Similar to the Greek king, we seem doomed in our struggle against the toothpaste puddles and cast-off socks inflicted by our indifferent offspring. We vacuum! We scrub! We return every stray item to its place! But then—just as we get tantalizingly close to tidy—the kids tromp in, sending us back to the bottom of Mount Mess.

"It's a huge issue for parents," says Amy McCready, a parenting coach in Raleigh, North Carolina, who created the online course Positive Parenting Solutions. "Parents get caught in the cycle of asking, repeating, reminding, repeating, reminding, and, inevitably, exploding." But our children are generally "not trying to be ungrateful or disrespectful," she says. "Kids are simply not as bothered by towels on the floor. The mess usually doesn't even register." And we parents are often the enablers who've made the mistake of cleaning up after our kids, leaving them woefully unpracticed in the art of tidying. There is, however, a clear path (through the catcher's mitts and random socks) to getting kids organized just in time to make back-toschool saner for all.



Lay Out the Rules

Start by holding a family meeting during a calm period to discuss the situation. McCready suggests opening with something like "Hey, guys—one thing that isn't working for me is the dirty dishes constantly being left out. I love that you help yourself to food, but we need to implement some rules around cleaning up. What ideas do you think would work?'"

Remember: Collaborating will be more effective than suddenly announcing fully formed plans for a new world order. Clarifying your expectations is also critical, as your kids' idea of "sparkling clean" might be "borderline disaster" in your eyes. For instance, do you need the dirty dishes loaded in the dishwasher, or are you satisfied with a neat pile in the sink?

KIDS' CHORES: YOUR AGE-BY-AGE CHECKLIST

Wondering when your child might be capable of taking on certain tasks? Here's what the American Academy of Child & Adolescent Psychiatry suggests.

2 TO 3 YEARS OLD
Put toys away and dress
themselves with help

4 TO 5 YEARS OLD Help feed pets, make their beds (not perfectly, but it's OK), and help clear the table after dinner

6 TO 7 YEARS OLD Wipe tables and counters, put laundry away, and sweep floors

7 TO 9 YEARS OLD
Load and unload the dishwasher, help with meal
preparation, and pack their
own lunches for school

10 TO 11 YEARS OLD Change their sheets and clean the kitchen or bathrooms

12 AND ABOVE Wash the car and help with younger siblings

TEENAGERS Shop for groceries and run errands

Make It Routine

Assigning regular, defined tasks makes it harder for kids to "forget"and easier, frankly, for you to stay on top of things. The more specific, the better. Putting instructions in writing helps, and don't be afraid to hang reminders ("Wipe down the sink!" in the bathroom, "Shoes off in the house!" in the fover, "Take your vitamins!" by the cereal cabinet) until everyone gets in the habit. Try to make the task feel like less of a lift whenever you can: If they always forget to take off their shoes, put a basket of fun and colorful no-slip socks by the front door; if they space on their vitamins, entice them with a sweet option (we like the brand Mybite).

Agree on Consequences

You also need to explain the actions you'll have to take when your kids (inevitably) slip up. Consider consequences that are cleaning related, suggests Susan Santoro, a professional organizer and the founder of Organized 31. "If your kids won't put away their things, those things can go into a 'time-out' and be earned back by completing a chore." She recommends making the chore something that will help you out, like

sweeping the garage or cleaning the mirrors—"a task you might put off yourself," she says. (See a list of age-appropriate chores at left.) Putting a cellphone, video game, or tablet in time-out, or withholding other privileges, works well too. Whatever the punishment, er, consequence may be, consistently follow through with it.

Set Up for Success

The best thing a parent can do to support clean kids: "Minimize the amount of stuff!" says professional organizer Melissa Levy, founder of Declutter + Design. "Your front closet is going to be a lot neater if you pare down the multiple windbreakers, hats, and shoes your kids own." And work with your kids to clean out their collections of old art projects, participation medals, and other memorabilia in their rooms. "Do it together-don't just throw it out," Levy warns. "If they're looking for something and find out you tossed it, they'll never forget it." Then think about some simple tools you can buy to keep everything organized. (Check out "Kid-Friendly Chore Cheats" on the opposite page for ideas.)

The best way to support clean kids:
Minimize the amount of stuff!
Pare down coats, hats, and shoes.



Reinforce—Silently

If nagging and bugging verbally isn't working, you may find it's more effective (and less conflictridden) to nudge with written reminders. "You can start with a simple sticky note here and there," Santoro suggests. "Change them up with different colors or different wording so they stay fresh." You could also try posting a short checklist of tasks on the back of a door. And don't forget your kids' favorite medium: screens! "A lot of parents find that texting their kids about chores works wonders for reducing back talk or eye rolling," McCready says. You can even text a photo of the mess instead of spelling it out in words. "If the kids roll their eyes, the parents never have to know."

Show Some Appreciation

Even if you feel like kids should clean up after themselves simply because it's their duty, don't skimp on positive reinforcement. "It's tempting to say, 'It's about time I got some help around here!'" McCready says. "But when our kids offer any help, it's important we demonstrate an attitude of gratitude." Thank them for their contributions and you'll be much more likely to find your house in order.

KID-FRIENDLY CHORE CHEATS

HOOKS are the first line of defense against strewn backpacks, jackets, wet towels, or clothes, whether in the foyer, bathroom, or bedroom. "Over-the-door hooks are the easiest," Santoro says (and require zero installation).

PRINTED LABELS are a surprisingly effective way to get kids to put items where they belong, even when the location seems obvious. (And when they're created with a label maker, they appear more official and less mom-made.)

EXTRA WASTEBASKETS

throughout the home help too. Try a few per room (one by the desk, the bed, and the sofa) if your kids are the type who can't be bothered to walk more than a couple of feet.

PUT A FULLY CHARGED HANDHELD VACUUM somewhere central. Nobody wants to lug the big vacuum out of the closet or up the stairs.

KEEP A TUB OF
CLEANING WIPES
under the sink—or if
necessary, right on the
bathroom counter. Sure,
it's ugly, but toothpaste
smears are worse, right?

A BLANKET RACK OR LEANING LADDER in a bedroom can keep

in a bedroom can keep clean clothes off the floor, Levy says.

SMALL DESKTOP SLIDING DRAWERS,

the kind made for holding office supplies, are useful for corralling odds and ends (like makeup tubes in a bathroom) and keeping them out of sight.

IF YOUR KIDS EAT IN
THEIR ROOMS, PLACE
A TRAY on a small table
near the door (or on a
tray stand). "It's a visual
reminder of where to put
the dirty dishes—and it
helps them carry them to
the kitchen," Santoro says.

Modern Manners

REAL SIMPLE'S ETIQUETTE EXPERT,

CATHERINE NEWMAN, OFFERS

HER BEST ADVICE ON

YOUR SOCIAL QUANDARIES.

J.L. ASKS...

My sister and her husband let my 3-year-old nephew do whatever he pleases when he visits our home. He helps himself to snacks, eats while romping about, makes messes of my kids' toys, and bounces on our new furniture. I try to model asking for things politely and do my best to redirect him, but I'm not his parent. How can I address his behavior without upsetting my sister, who's defensive of his actions?

When your nephew is in your home, you're hosting him. Your children can let him pick a game to play, you can serve him first at mealtime—all the things we do to make our guests feel special. But that doesn't mean he gets to wreak havoc. Set limits, separating the values ("That's rude")—which aren't yours to teach—from the information he needs ("That glass hippo is too fragile to play with"). We've always clarified our house rules by offering explanations: "We eat in the kitchen so we don't get food everywhere and attract ants." Have faith that your nephew will grow out of causing mayhem. Meanwhile, talk to your own kids about being good guests—and spend more time at your sister's house.



A.H. ASKS...

I have small children, and I'm disappointed to hear people swearing in public. Teenagers and adults use very offensive language—they're likely not even aware of what they're saying. Is it appropriate to ask people not to swear? I don't want my kids to learn it any faster than they're going to.



ABOUT CATHERINE

The author of How to Be a Person: 65 Hugely Useful, Super-Important Skills to Learn Before You're Grown Up, Catherine Newman has shared her wisdom on matters ranging from family and friends to happiness and pickling in numerous publications. She gets advice from her husband and two opinionated, largely grown children in Amherst, Massachusetts. I read your question to my 20-year-old son, and he said, "This actually is as fast as they're going to learn offensive language." In other words, that's how the world is-full of people who swear—and your kids are in it. You can absolutely control what you say and make rules about what your kids say. (In my family, our bylaw was: Don't swear at school or at another person, but it's OK to curse if you drop a pot lid on your toe.) Though you can't control what your kids hear in public, you do get to share your concerns with them: "Did you hear that guy on the bus? I wish people wouldn't use those words, because..." You can't contort the world to fit you, but you can shape the way your kids understand it.

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G.B. ASKS...

I've been in a monthly bridge club for years. It used to be that the host provided dinner and drinks, but now it's become more of a potluck. The problem is that the same few people bring the pots! I'll cook an enticing dish, and someone else will buy sparkling water. How can we even out the workload?

To quote my kids' fourth-grade teacher when I once expressed concern about a school potluck: We are well-fed people. A single monthly meal? Eat some chips, drink some seltzer, and leave your balanced-diet ideals at home. Maybe it's less that other people are underperforming and more that you're overperforming—in which case, stop working so hard to prepare a dish that exceeds expectations and leaves you feeling aggrieved. The whole idea of a potluck—it's built right into the word—is that you take your chances. Three bags of cookies one month, a gorgeous osso bucco the next. Keep your focus on the company and cards, and don't worry so much about the culinary tit for tat.

E.S. ASKS...

Twice we've received wine from the same dinner guest. The bottles were from unknown vineyards and sell for less than \$5. (A sommelier friend shook his head looking at them.) I didn't open the wine at dinner, and when I did, it was terrible. I wouldn't bring up the subject with the guest. But what are my options?

If I were picking a friend, I'd definitely go for the person who brings a cheap bottle of wine over the judgy person who looks in the gift horse's mouth to point out a discolored molar. The quality of the wine you serve is not a measure of your hosting skills—how you make someone feel in your home is. Your friend is low on cash or not a wine connoisseur or both; open the bottle he brought so he doesn't feel bad (and so he has something to drink, if that's what he likes best).

S.B. ASKS...

We invited relatives to stay at our home and were informed that they'd be bringing their dog. We have a cat, so this is not an option, and we let them know. They responded that their dog was raised with cats, so it shouldn't be a problem. Well, yes, it is a problem, as our cat would totally freak out. Also, I don't want a dog in my house. What happened to guests asking if it's OK to bring a dog? Am I wrong to react this way?

Houseguests can expect to be indulged, but they can't expect to change the character of the home they visit. Human babies are an exception to this rule; burning incense, playing death metal, and bringing dogs are not. You can decide not to have your relatives' dog in your home, and they can decide not to stay with you. Try to hit a middle ground: Suggest a nearby Airbnb that allows dogs or a petinclusive motel. And remember that their pet is not just your peeve—it's part of their family. "We love your dog!" you can say. "If we were ever going to allow a dog in the house, it would totally be yours! But we can't." Your cat will thank you (in the thankless way of cats).

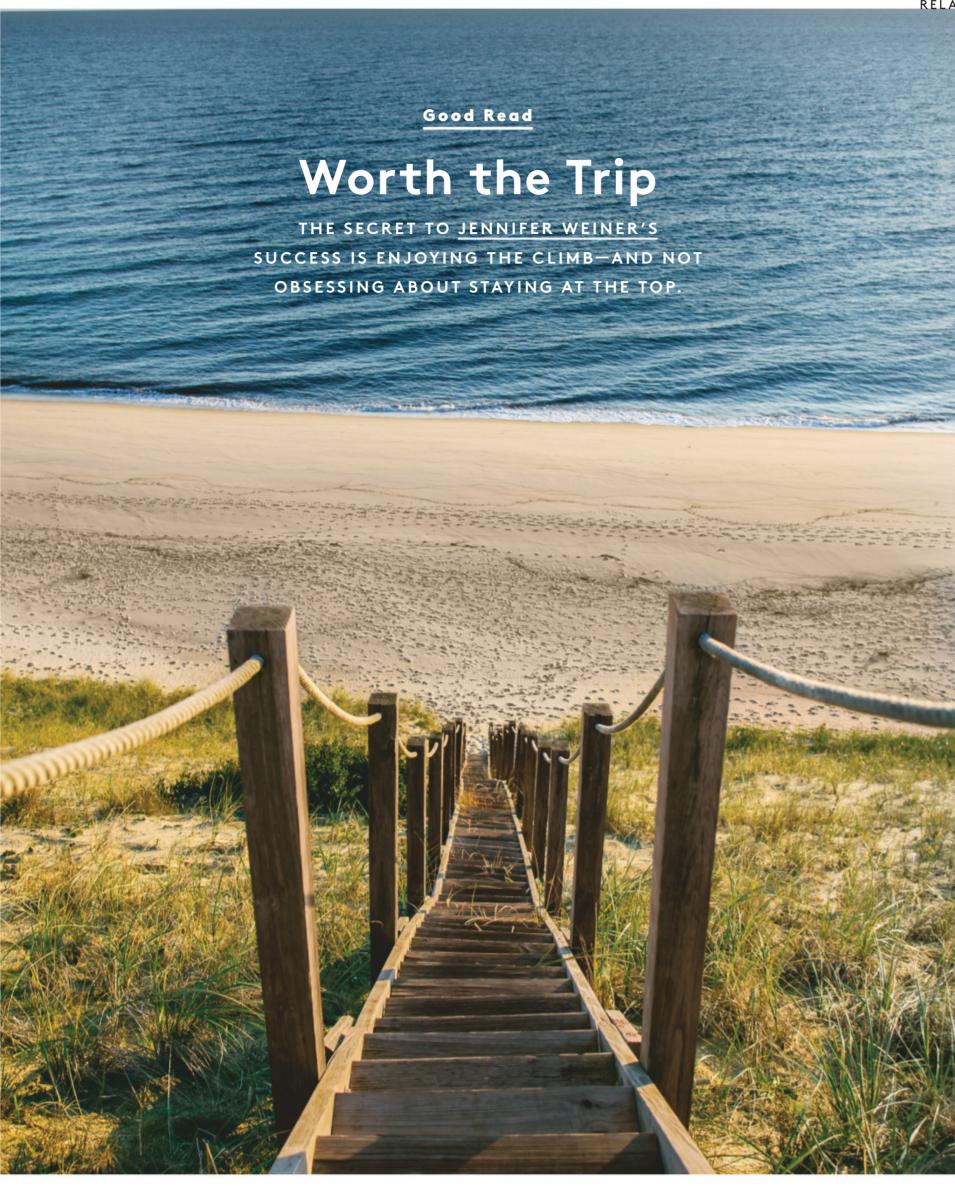




HAVE AN ETIQUETTE QUESTION?

Nover your phone's camera here to submit your question for Catherine, or email her at modernmanners@realsimple.com.



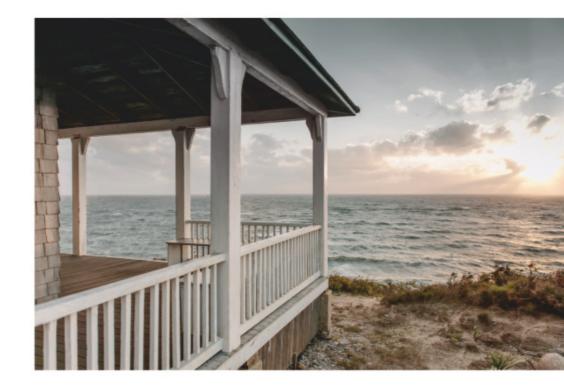


I DON'T HAVE THE BEST memory in the world—just ask my husband or kids, who, on a daily basis, are recruited to help me find my glasses or keys. But somehow I've been gifted with an almost perfect recollection of the period of time, from 1998 to 2000, that I spent writing my first book, Good in Bed. I remember every specific of being 28, single, recently dumped, and convinced I'd never love again. I spent my days as a reporter at the Philadelphia Inquirer. I spent my nights and weekends in the spare bedroom of my two-bedroom apartment, sitting in front of my Mac Classic and thinking, "I am going to tell myself a story, and the story will be about a girl like me, and I will give her a happy ending." I can feel the heft of the book titled Guide to Literary Agents, which I took out of the library to help me find the person who would serve as a conduit between me and the publishing professionals I hoped would be lining up for a chance to publish Good in Bed.

I can remember walking into Kinko's and having three copies of the (500-page! double-sided! single-spaced! bound!) manuscript printed for the top three agents on my list. All three rejected it; one included a gently worded missive suggesting that sending an unsolicited 500-page manuscript was not the Done Thing, and that manuscripts should never, ever be double-sided, single-spaced, or bound.

I can remember dozens of rejections: Not taking new clients. Not taking new fiction. Not taking new women's fiction. Not taking you. I remember finding an agent who wanted to work with me—if I made my heroine thinner. "Nobody wants to read about a lonely, pathetic fat girl," the agent instructed. She urged me to make my protagonist "normal fat, like Bridget Jones." I remember, somehow, mustering the courage to decline her offer. I remember finding an agent who believed in the book as it was. "I loved your book! It spoke to me!" her tiny voice warbled, as I sat at my desk in the newsroom, holding the phone and wondering, "How?"

I remember exactly where I was (my hair salon, changing out of my robe) when my publicist called to tell me that *Good in Bed* had gotten a starred *Kirkus* review and I asked her, "What is *Kirkus*?" (It is a big, respected trade publication that gives books some of their earliest press.) I remember seeing the book's cover for the first time as it rolled out of the then state-of-the-art fax machine. I remember seeing my book in the Borders on Walnut Street in Philadelphia for the first time, back when there were Borders stores, and watching a woman, a stranger, pick it up. "If you buy it, I'll sign it for you," I offered. I remember where I was sitting—the Bertucci's restaurant in Avon, Connecticut, with my mother's book club—when my brother Joe slipped into the store and handed me a piece of paper that read, "You are #35 on the New York Times best-seller list."



Maybe the clarity of the memories of my early days is why it's sometimes hard to believe that I am 20 years and 16 books past those days. Maybe it's that every new book sends me

right back to the beginners' club again. Whatever the reason, it's easy to forget that I am no longer a debut novelist, that I'm no longer the shiny new thing. Instead of appearing on lists of the best new writers—or the best new writers under 30 (or 40)—I'm sometimes the one creating those lists.

Like many, many people, I believed that success would fix me. I thought there were achievements I could check off, benchmarks I could hit, that would silence the shrieking inside me, the voice that says, "You're not good enough and you never will be." If I finish a novel. If I sell a novel. If I'm reviewed here or profiled there. If the novel is made into a movie. If the novel is on the best-seller list. One by one, I've checked off the goals and waited for that to be enough. And waited, and waited, and waited.

Here is what I've learned: The climb is more fun than the tenure part. Getting to the top is more enjoyable than trying to stay there. And if you feel empty, if you feel less than, or invisible, or unhappy, or unworthy, then there is no achievement (at least, none I've found) that will fix it. If you're chasing those benchmarks—a specific title, a generous salary, a big house, a fancy car—hitting them might satisfy you for a time, but there will

always be something bigger and better to chase. The work has to be its own reward, because external validations will never be enough.





ABOUT THE AUTHOR

Jennifer Weiner is the best-selling author of 17 books, including Big Summer, which came out in May. She is a contributing opinion writer for the New York Times. She lives in Philadelphia with her husband and children and no longer uses an extension cord for her computer.

When I wrote my first book, I was lucky, in terms of both what I had and what I didn't. I had a good job and enough money in the bank to rent a cottage by the sea for a week. I didn't have children, a husband, anyone to feed and clothe and send out into the world. So off I went. "I am going to finish my novel," I told my mother, who draped her hand across her forehead, threw her head back, and said, "Oh yes, your novel!" in a tone that indicated her profound disbelief that such a thing did, or ever would, exist. I piled my dog and my Mac into my Honda, and I drove to the Cape. I had an extension cord that was barely long enough to reach the splintery picnic table on the postage stamp of a deck where I sat for hours, typing the book's final pages. I rode my bike along the shore and swam in the bay. I thought, "No matter what happens, I wrote a book. I started it, and I finished it."

Everything that's happened since then—the starred reviews, the best-seller lists—has felt wonderful, for a time. But the glow of finishing, of inventing a heroine and sending her on a journey? That joy has never faded. That moment

of knowing, with unfading certainty, that I am a writer.

Today, as I write this, I'm watching the world change. In the wake of George Floyd's murder—the death of another unarmed Black man at the hands of the police—people are demonstrating all over the country, in big cities and small towns. They are showing up and speaking out, demanding accountability, equality, and change. I know the power of a story, and how telling mine made women feel connected, valued, and seen. I also know how lucky and privileged I was, in everything from the schools I attended to the platforms I could access. I'll always be a writer, but now I also want to be a mentor, who can help other women speak their truths and let the world hear what they need to say.

"What would happen if one woman told the truth about her life?" the poet and activist Muriel Rukeyser asked. Her answer: "The world would split open." Which sounds, on its face, like a terrifying prospect. But sometimes things that break can knit together more strongly. Sometimes those broken places let in the light.





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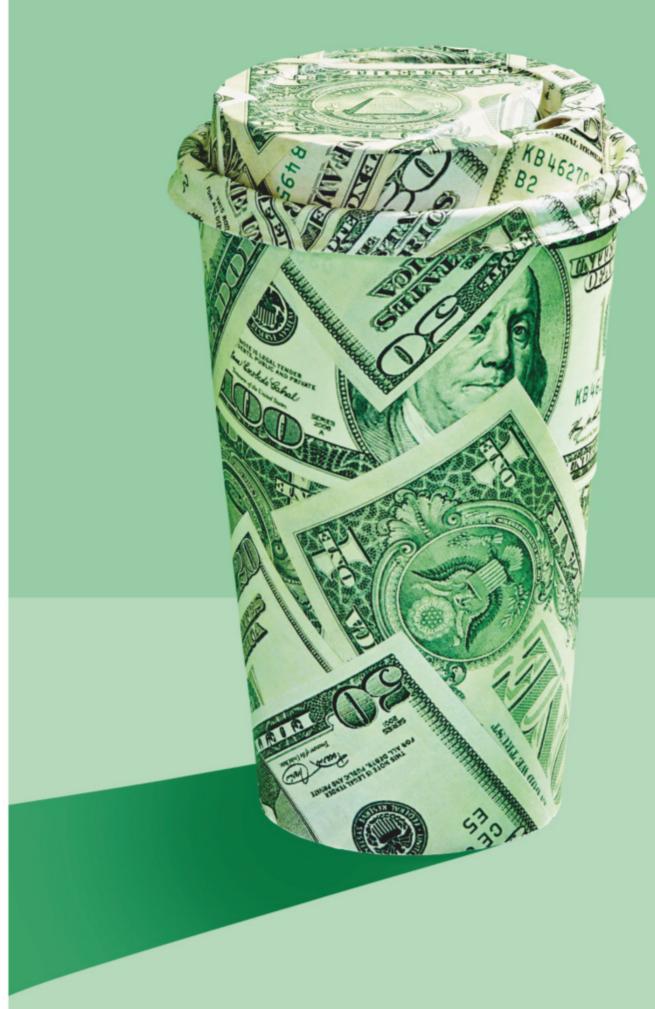
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balance



Finance

9 Money Rules It's Actually OK to Break

DEPENDING ON YOUR
SITUATION, YOU CAN
PROBABLY SKIP SOME OF THE
HARD-AND-FAST ADVICE—
AS LONG AS YOU FOLLOW
THESE TIPS INSTEAD.

By Emma Pattee

WE ALL HAVE unique priorities and experiences, yet popular money advice is often one-size-fits-all: Avoid debt at all costs; budget every dollar; stop renting. But these edicts may be outdated, or just make no sense for your particular circumstances. Here, money experts explain why finances are more individual than you might think—and reveal which rules you can probably forget about. After all, what's the fun of rules if you can't break them?

THE RULE:

Make coffee at home because small expenses add up over time.

INSTEAD, TRY THIS:

Just buy the latte!

Perhaps you're familiar with the idea that frequent small purchases (like \$5 lattes) stand in the way of building wealth. People looking to save money are often told to find daily luxuries they can cut out of their budget. The problem with that approach is that it doesn't necessarily work, says Helaine Olen, author of Pound Foolish: Exposing the Dark Side of the Personal Finance Industry. The reason you're struggling to save isn't that you're indulging in little treats, she says. It's that fixed costs—housing, health care, education—now eat up much more of the average family's income. (The cost of health care alone nearly doubled between 1984 and 2018, according to the Bureau of Labor Statistics' Consumer Expenditure Surveys.) Yes, small dollars add up too. But if your daily treat brings you life-changing convenience and joy, consider giving yourself permission to indulge.

THE RULE:

Stay away from credit cards.

INSTEAD, TRY THIS:

Get a card with flexible perks.

We've heard the warning about credit cards: Pull them out of your wallet too often and you'll end up with a convertible and a diamond-encrusted cellphone case (and a bill for both!). But if you can use a credit card responsibly, you might benefit from the rewards. "Make sure you get a card with rewards that align with your lifestyle," says Stefanie O'Connell Rodriguez, a money expert in New York City, who uses her rewards to fund her travel goals. If you're new to rewards, she suggests opting for a card that gives points for all your purchases rather than ones in specific categories. According to Sara Rathner, a credit card expert with NerdWallet, the Citi Double Cash is a great one to start with: It offers 2 percent cash back on every purchase and doesn't have an annual fee. Credit cards also protect against fraud in a way that debit cards and cash don't.

THE RULE:

Plan to retire at 65.

INSTEAD, TRY THIS:

Tweak your savings to reflect your goals.

Work until you're 65, then spend your days playing with the grandkids. That's what traditional retirement advice assumes you'll do, yet the number of workers over age 65 has doubled in the past 35 years. Not only can you get a bigger social security check if you wait until 70 to retire, but there's also evidence that working longer may help you live longer. Take some time to think about what your plans are—travel, a new career, a passion project—and save for that instead. You're more likely to sock money away for a specific goal than for a general "retirement," says Brad Klontz, PsyD, founder of the Financial Psychology Institute. We may put off saving for retirement, he adds, because we have no emotional attachment to it and it feels abstract. "We're just not wired to delay gratification to save for a future we can't picture," he says. If you struggle to imagine your retirement, try writing a few paragraphs about it—or use an app like AgingBooth, which will show what your face might look like when you're at retirement age, perhaps inspiring you to save more.



THE RULE:

Shop in bulk to save money.

INSTEAD, TRY THIS:

Figure out what you really need, and buy that.

If your pantry is full of twin-pack cracker boxes and jumbo jars of peanut butter, you probably subscribe to a common rule of personal finance: Buy in bulk and save money. But getting a large amount of stuff at a discount isn't always a smart move. "Buying in bulk can lead to waste if you don't use everything," says Kara Perez, founder of Bravely Go, a feminist financial education company in Austin, Texas. Before you head to the bargain warehouse, look at each item on your list and ask these questions: How will I use this? Where will I keep it? Can I afford it right now?

THE RULE:

Follow a strict budget.

INSTEAD, TRY THIS:

Track your emotions.

Budgets aren't fun. That's why most of us don't use them, Klontz says. Instead, he suggests moving money into accounts designated for different priorities (like living expenses or vacations), and then spending whatever is left without guilt. Berna Anat, a financial educator based in San Francisco, struggled to follow a budget, so she started "money journaling" every two weeks, when she got paid. "I wrote down my feelings about my money and the things I had spent it on," she says. Journaling helped her understand the motivation behind her habits—and reduced her spending by \$500 a month. "I noticed I'd get paid Friday morning, spend blindly all weekend to decompress, and assess the damage on Monday," Anat says. "I've since moved my budgeting time to after my paycheck hits on Friday so I can get out in front of those habits."

THE RULE:

Buy a house and stop throwing money away on rent.

INSTEAD, TRY THIS:

Rent and invest the money you would have spent on a home.

If you regret all the rent money you've forked over through the years imagining the mansion you could have paid off twice by now-take comfort in the fact that you might have actually made the savvier decision. "Buying a house doesn't always make financial sense," Rodriguez says. In most U.S. housing markets with more than 500,000 residents, she points out, renting is more affordable than buying. (Notable exceptions are certain counties in Cleveland, Detroit, and Tampa, Florida.) One reason renting may be easier on your bank account is that costs are fixed for the term of the lease, whereas when you own a home, you're responsible for repairs and maintenance, Rodriguez says. "People often don't save for the very real costs of homeownership, and then they get hit with a surprise expense, like a new roof or a furnace repair." In fact, a 2017 study showed that when renters invest the money they would have spent on purchasing and maintaining a home, they accrue more wealth than they would have if they had bought a house.

THE RULE:

Bankruptcy is a last resort for irresponsible spenders.

INSTEAD, TRY THIS:

Use bankruptcy as a tool to get back on track.

Personal bankruptcy is often seen as something shameful that happens to people who are reckless with their money. The truth is that many bankruptcies are caused not by careless behavior but by costly medical bills, per the American Journal of Public Health. If you're struggling financially, think of bankruptcy as a way to start over, says Lazetta Rainey Braxton, a certified financial planner based in Brooklyn, New York—especially if your debt far exceeds your income and you've already tried to negotiate with lenders. Bankruptcy is not a total fix, though; low credit will take time to recover from and can have serious repercussions. Discuss your options carefully with a lawyer who specializes in bankruptcy.

THE RULE:

Financial planning is only for rich people.

INSTEAD, TRY THIS:

Hire an adviser to help you at any stage.

When it comes to financial planning, it's less about the "financial" and more about the "planning." "There's this perception like 'I don't qualify yet because I don't have a million dollars," says Farnoosh Torabi, host of the podcast *So Money*. Even if you're not rolling in dough (yet), a financial planner can help with investing, retirement planning, or preparing for a big purchase, like a house. "Many will work with people at any income level," Torabi says. She recommends using a fee-only planner and suggests XY Planning Network and Stash Wealth for affordable options. Skillshare, Udemy, and Coursera, as well as some online universities, also offer lowcost financial literacy programs.

THE RULE:

Save for your child's college education with a 529 plan.

INSTEAD, TRY THIS:

Put money into a savings bond.

Just as traditional college isn't the answer for every kid, a traditional 529 savings plan isn't the answer for every family. "Not every kid wants to go to college," Braxton says. She tells her clients to take their child's personality into account when saving for their future. "I've seen how 529 savings plans really work for kids who want to go to school, and I've also seen how all this money was saved and you've run out of beneficiaries." For more flexibility, Braxton recommends buying savings bonds, which, depending on your income, can be redeemed tax-free for education expenses. Another option is opening a brokerage account in your name (if it's in your child's name, it might affect their financial aid package). If you're not sure your child is going to college, Braxton suggests putting the money into your Roth IRA. If your kid ends up needing it for school, you can pull money out penalty-free at any time for qualified educational purposes, as long as the account has been open for five years.







Health

Straight-Up Advice

WE'VE GOT YOUR BACK (AND NECK AND HIPS). TO FEEL YOUR BEST EVERY DAY,
JUST PRACTICE GOOD POSTURE.

By Karen Asp

IF YOU'RE HAVING an off day, here's a quick tip: Check your posture in a mirror. How you hold yourself can be closely related to your emotions—the slump of your spine or curl of your shoulders can telegraph a lack of confidence and even be the cause of the blue mood. It's why posture is one of the first criteria many people instinctively use to judge one another (not to mention every mom's idée fixe). Healthy posture comes with a host of perks, both physical and mental. Emerging research into embodiment—the theory that our physical, emotional, and environmental states act in concert—suggests that simply shifting your physical position might change your emotions.

Consider this: Tilting your head forward even 30 degrees (to look at your phone, say) is like asking your neck and spine to carry an extra 40 pounds, a study found. "Optimal posture is where your body has the freedom to move in any direction and stay in a position with the least amount of effort," says Erik Peper, PhD, professor of holistic health at San Francisco State University.

SILENCE PAIN SLEEP SOUNDLY



Yet most Americans could use a refresher on standing (and sitting) tall. According to a new JAMA analysis of insurance payments for 154 ailments, we spend the most money on medical appointments and treatments for lowerback and neck pain—side effects of poor posture. Digital devices (as well as inadequate work-fromhome stations) have become a nearly universal cause of forwardhead position. And as people age, posture problems can stiffen into chronic aches. "You not only lose muscle and bone density, but you become more sedentary, which changes how you hold yourself," says Rahul Shah, MD, an orthopedic spine surgeon in New Jersey.

Read on for the compelling benefits of good posture and simple ways to practice it. Once you get in the habit, you'll think of staying upright as an easy and enjoyable part of staying well.

BENEFIT #1

You'll remain resilient under pressure.

The next time you're anxious, go on a brief walk while focusing on your posture. In a 2018 study, healthy adults took a stroll as they prepared a speech to a panel of judges about why they should be hired for their dream job. Some maintained good posture and some hunched over; the former group had lower systolic blood pressure and reported feeling more powerful and less pained. "Upright posture can help people feel more alert and confident, as well as lower their physiological response to stress," says study coauthor Elizabeth Broadbent, PhD, from the University of Auckland in New Zealand.

BENEFIT #2

You'll charge brain power.

Anytime you need to concentrate, imagine there's a hook at the top of your head that's pulling you up. As you do this, bring your jaw back (which will bring your chin and neck back) and drop your shoulders. It was 26 percent more difficult for adults to do a simple math calculation (mentally subtracting 7 serially from 964 for 30 seconds) when they sat in a slouched position versus an upright one, a study in the journal NeuroRegulation found.

BENEFIT #3

You'll breathe better.

Proper posture lets you take deeper breaths, which increases the amount of energizing oxygen in your body. "When you're upright, you can expand all the muscles in your chest and lungs, which makes breathing easier," Shah says. Hunching over has the opposite effect—one reason people with scoliosis can also have breathing troubles.

BENEFIT #4

You'll increase optimism naturally.

Sitting or standing tall is an instant mood booster. College students were asked to focus on a negative memory (like getting a bad grade on an exam) for one minute and then spend 20 seconds reframing the experience positively ("I got a poor grade, but I can study harder"). The vast majority (88 percent) found it easier to think positively after they were told to sit upright, look up, and take a deep breath. Slouching is a conditioned cue—it triggers memories of times you may have felt exhausted and defeated, Peper says. "The brain has to work harder to evoke empowering and positive thoughts, compared with when you're in an upright position."

Upright posture
can help people feel
more alert and
confident, as well
as lower their
physiological response
to stress.



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THE ONLY THING **STRONGER** THAN US, IS **YOU**.™

THE UNBENT TRUTH **ABOUT BACK GADGETS**

Mechanical posture-correction devices, like braces, shirts, and bras, have their place, especially if you're recovering from an injury or dealing with a health issue. But the danger is that they do work meant for your muscles. "They could weaken you, making it harder to maintain posture when you're not using them," Shah says. For that reason, Shah often recommends wearing braces for no more than an hour a day. (He allows longer periods for people who have broken bones or progressive curvature of the spine, for example.)

Posture cushions, meanwhile, are less risky. "They deliver on the need for comfort without restricting or compensating for muscle use," Shah says. Start by placing a small pillow or a rolled-up beach towel against your lower back—to support the natural curve in your spine—and see if that reduces discomfort or fatigue. Keep trying different sizes and shapes until you get the right fit, which ultimately depends on the positions of your back and chair.

Wearable technology shows promise, according to a small study done by Peper. The Upright Go (from \$80; uprightpose.com) features a small sensor that attaches to your spine and vibrates if you slump forward. Devices like these "help you identify situations where you slouch and give you the opportunity to correct yourself," Peper explains.

PRACTICE #1

Perfect the art of sitting.

Whenever you're seated, follow these guidelines from the Occupational Safety and Health Administration and chiropractor Steven Weiniger, creator of the self-care program StrongPosture: Check that your torso and neck are vertical and your back is fully supported by the chair. (Use a small pillow if needed—see "The Unbent Truth About Back Gadgets" at left.) Position your thighs roughly parallel to the floor and your hips even with or a bit above your knees. Your feet should be flat and relaxed on the floor or a footrest. Hold your head level and relax your shoulders, keeping your chest open. If you're using a computer, your hands, wrists, and forearms should be parallel to the floor, elbows close to your body. Ideally, take breaks from sitting every 20 to 30 minutes wiggle, look up, stand up, and stretch, Shah adds.

PRACTICE #2

Try a DIY posture test.

Stand and place your heels, butt, shoulders, and head against a wall, keeping your head level. This puts you in the ideal upright posture and should feel natural. If there's tension in your neck, lower back, or shoulders, you may want a health-care professional to evaluate your posture.

PRACTICE #3

Nudge your head into the proper position.

One simple daily exercise helps correct the incredibly common forward-head position, Weiniger says: Stand about a foot from a wall and lean so your butt, back. and shoulders touch the wall. Inhale and, imagining that your head is on railroad tracks to keep it level, move it back toward the wall as far as you can while you exhale. (If you feel your head tilt up, return to the starting position and try again.) Inhale as you return to start. Repeat five times, breathing slowly.

PRACTICE #4

Take yearly posture pics.

As you stand upright in a relaxed position, ask a friend to snap two pictures, one from the front and one from the side. A year later, retake the pictures from the same angles and compare them. Choose a clean background (no busy wallpaper), or stand in front of a paneled door the lines create a reference to help contrast the images. "Tracking your posture over time will help you identify changes, like whether your shoulders are rounding more or your head is leaning forward more, so you can address them," Weiniger says. You can also use Weiniger's free PostureZone app to take the pictures, plus get tips and exercises.

<u>Ahhh...</u>

Deep Dive

Look, really look, at the colors and textures in this photo. Let your eyes explore the patterns of light and shadow. Sense the movement of the water, like the ebb and flow of your breathing—rising as you breathe in and falling as you breathe out. For a few moments, connect with the feeling of your breath as you explore the image.

Now imagine you can dive down beneath the waves of the ocean. With every breath you take, dive a little deeper. Everything is still and quiet. You are surrounded by rays of sunlight shimmering in the beautiful blue water. Immerse yourself in a sense of relaxation and ease, fully enjoying the peacefulness of the deep, still water.

—JAMIE PRICE, MyLife, a personalized mindfulness app





COME TO YOUR SENSES

Between clients, I try to engage all my senses. I might step outside to see the clouds or art hanging in a gallery window, and to smell a flower or the crisp air after a rainfall. I'll hug a soft velvet pillow while taking deep, slow breaths and tune in to the birds chirping outside my office.

LORI GOTTLIEB, A PSYCHO-THERAPIST AND THE AUTHOR OF MAYBE YOU SHOULD TALK TO SOMEONE

DO COOKING KARAOKE

A staple of my daily routine is to sing while I cook dinner, and it's especially healing when I've had a tough day. I plug in my speaker, find anything from Lizzo to Earth, Wind & Fire, and start singing—loudly! My kitchen performance makes me come alive and channel my inner Mariah or Beyoncé.

DAYNA ISOM JOHNSON, AN ETSY TREND EXPERT AND JUDGE ON NBC'S MAKING IT

DRAW IT OUT

Recently, while visiting family (which is always a little stressful), I started playing around with my nephew's paint sticks. Moving my hands and watching how the colors overlaid one another helped put my mind at ease.

REBECCA ATWOOD, A DESIGNER AND ARTIST IN BROOKLYN, NEW YORK

TIDY YOUR TOTE

Nothing calms me like dumping out my purse on the kitchen counter, reorganizing everything, and putting it all back in perfect, pristine order. Anytime I feel overwhelmed, I just open my freshly organized purse and get a little shot of hope. It feels like a microcosm of life: If I can reclaim control of my purse, I can do anything!

CATHY GUISEWITE, CREATOR OF THE CATHY CARTOON STRIP AND AUTHOR OF FIFTY THINGS THAT AREN'T MY FAULT

JUST VEG

I go to the local farmers market and nerd out looking at beautiful produce. I especially love it when a new season takes over and beautifully blossoming sugar snap peas, tender asparagus, and ramps replace winter root vegetables, or when a vendor hands me a slice of apple to taste when fall arrives. It makes me feel connected to the seasons and my community—the farmers, my neighbors, and other chefs buying for their restaurants.

MELISSA KING, A TOP CHEF WINNER

GET BORED, THEN BLISSED

When I'm feeling overloaded, I'll take a jog without music or podcasts. The first 15 minutes with no distraction is torture, but after that, my mind goes into a meditative, problem-solving fugue state.

The clomping of my sneakers and rhythm of my breath lull me mentally, and I start to work on problems or come up with unexpected notions.

MANOUSH ZOMORODI, CREATOR AND HOST OF THE PODCAST ZIGZAG AND AUTHOR OF BORED AND BRILLIANT

CLICK ON THAT ADORABLE VIDEO

Seeing a cute animal activates the amygdala, the emotional system, in a positive way and gives bursts of dopamine that boost our spirits. So when a bunny video pops up in your email or social media feed, enjoy it. Maybe share it with someone else and watch a couple more. Far from hurting your productivity, those breaks act as an unanticipated hug and will make you more focused.

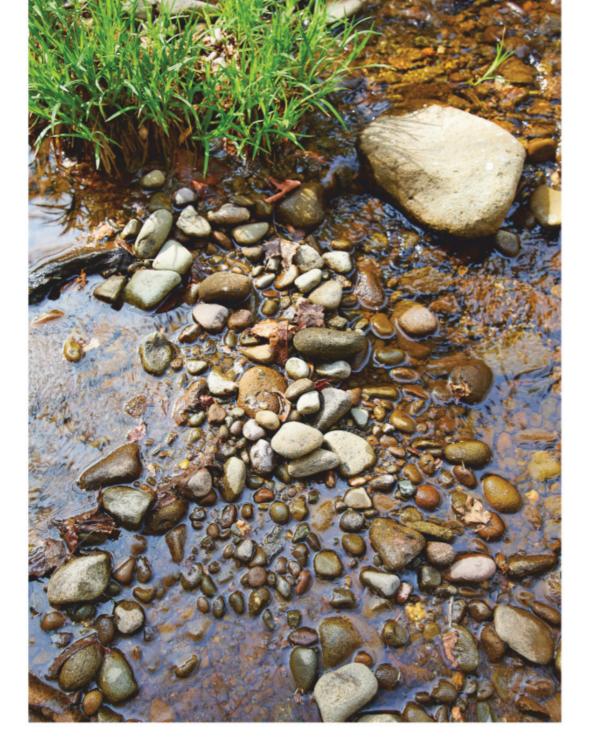
OLAV KRIGOLSON, PHD, A NEUROSCIENTIST AT THE UNIVERSITY OF VICTORIA

DIVE IN-LITERALLY OR VIRTUALLY

You know that feeling of deep calm that sweeps over you when you step up to the edge of the Atlantic, a lake, or even a pool? Water has an immediate calming effect. Do whatever works: Taking a long swim or blissing out in a flotation-therapy device will have the most impact, but you can also just listen to the sounds of a babbling creek, stare at a fountain outside during lunchtime, or watch a live feed from an aquarium. Even looking at a photo of the sea can do the trick.

WALLACE J. NICHOLS, PHD, A MARINE BIOLOGIST AND THE AUTHOR OF BLUE MIND





TAKE THE PLUNGE

When I'm on the ice, my adrenaline is pumping and my blood is flowing from the competition, so it's hard to come down. We do eight-minute cold plunges in the locker room, which cool the body, stop inflammation, and bring us to a more restful state. In the off-season, I still like to take a cold shower when I'm anxious and need to hit my reset button.

HILARY KNIGHT, A FORWARD ON THE UNITED STATES WOMEN'S NATIONAL HOCKEY TEAM

DO BUSYWORK

No way can I ever slow down enough to meditate in the midst of managing brides and vendors. But I get baby resets if I tackle some small household thing that keeps my hands occupied while giving my mind a rest from the computer. Especially in challenging times, a mundane task, like cooking an easy dinner for myself or (my favorite) folding a pile of laundry, doesn't feel like a chore. It quiets my mind.

JACQUELINE HALLGARTH, A WEDDING PLANNER AND THE OWNER OF JACQUELINE HALLGARTH EVENTS

CRAFT A CANDLE

I make beeswax candles this time of year to put away for winter. You just buy sheets of beeswax and candlewicks, cut them to the size you want, fold the wax over the wick, and roll them until they're the thickness of your candlestick. These kinds of seasonal tasks are simple and tactile and bring you back into your body.

JULIA WATKINS, AUTHOR OF SIMPLY LIVING WELL

HAVE TEATIME

When I need a break from the computer, I get out a tray and other tea things and sit in my "parlor" as if I were in *Downton Abbey*. I make a ritual of preparing a cup using really good loose tea. That break has made late afternoon the most productive part of my day.

BETH HOWARD, A JOURNALIST AND ANTIQUES DEALER IN CHARLOTTE, NORTH CAROLINA

MAKE THE CALL

I take five minutes to call a friend. Yes, call! I expect they likely won't answer, so I'm ready with a fun voicemail message, like "Nothing's wrong—you just popped into my mind." I think of it as a little love note, and when I'm feeling alone or stressed, spending that minute thinking about my friends reminds me that I too am loved, and it helps my brain.

SHASTA NELSON, AUTHOR OF THE BUSINESS OF FRIENDSHIP

BLAZE A (CLEAN) PATH

When I'm wound up from a long day of wrangling teenagers, I like to vacuum.

I don't know if it's the rhythmic movement, the white noise, or the path it makes on the rug, but my anxiety melts away as I complete the task.

LARA PROZINSKI, A HIGH SCHOOL ENGLISH AND JOURNALISM TEACHER IN DEVILS LAKE, NORTH DAKOTA

CUDDLE KITTIES

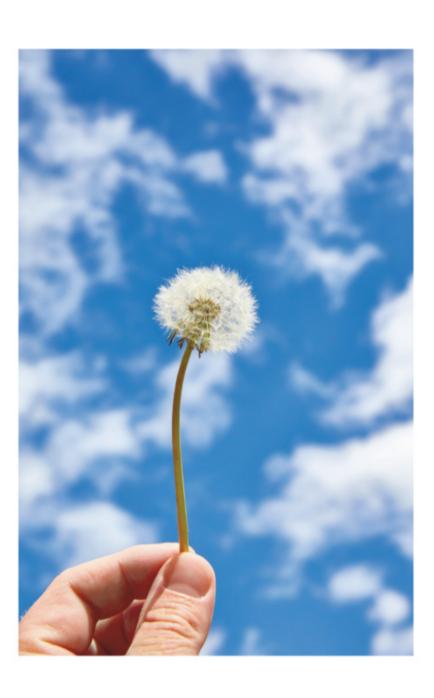
PICK A PAGE

I've read every book on my shelves already, so if I choose a random one and read an arbitrary page or two, it transports me to when I first read it and reminds me of the joy it brought me. I just picked one up this morning, and suddenly I was walking through a park headed to rehearse A Midsummer Night's Dream.

ALISON McGONIGAL MILLER, BAKERY TEAM LEADER AT WHOLE FOODS MARKET IN NEW JERSEY

I foster kittens who have lost their moms and need someone to do the simplest thing to keep them alive: provide food, warmth, and stability. When I care for them, all the nonsense falls away, and I'm tasked with making sure the little guys take in enough formula to get to the next feeding. It reminds me to keep it simple. All of it.

> ANNE JORGENSON GREEN, SPECIAL ASSISTANT ATTORNEY GENERAL AND DIRECTOR OF LEGAL SERVICES AT NORTH DAKOTA WORKFORCE SAFETY & INSURANCE



WATCH THE POT

On my busiest days,
I'll make myself one
promise: to watch the
kettle boil. Doing nothing
but concentrating on
the boil is an easy way
to weave in a pause.
For that brief time, I'll be
consumed with all the
intricate and changing
noises, the light of the
flame, the vibration, the
bubbles, the steam.

ALI ROFF FARRAR, AUTHOR OF THE WELLFULNESS PROJECT AND A COFOUNDER OF THE REMEDY RETREATS, A YOGA AND MINDFULNESS COMPANY

DON'T HUG A TREE—STARE AT THE BRANCHES

Brain-wave tests show that looking at complex, repetitive patterns called fractals has the same effect as meditating. In a forest, you'll find fractal patterns everywhere: in the branching of ferns and trees, in gnarled roots, in intersecting streams and waterfalls, in fluffy clouds. It's called effortless looking, and it happens subconsciously. Those fractal patterns pour into our brain and relax us completely. There are even fractals in some artwork, like the splatter paintings of Jackson Pollock.

RICHARD TAYLOR, PHD, HEAD OF THE PHYSICS DEPARTMENT AT THE UNIVERSITY OF OREGON

TUNE IN, TUNE OUT

One day, when I was desperate for some background music that wasn't depressing, I stumbled on the "French Cooking Music" channel while browsing Pandora. Right away, I thought of Julia Child, who always settles me down, and it's been my escape music ever since. The vibe is relaxed, there are no sad lyrics (that I understand), and the touches of accordion teleport me to Europe.

REMY KOTHE, A POLITICAL ACTIVIST AND GRADUATE STUDENT AT THE ROBERT F. WAGNER GRADUATE SCHOOL OF PUBLIC SERVICE AT NEW YORK UNIVERSITY

BE A GAMER

At the end of a stressful day (I work on a locked inpatient unit), I play *Super Mario Bros*. on my kid's Nintendo. It takes me back to my youth, when playing with my neighbors was the happiest time in my life.

MAURY DOJNY, A PSYCHIATRIC CLINICIAN IN FAIRFIELD, CONNECTICUT



BE PUZZLED

Doing crosswords—I spend
15 minutes with an app or the
paper every day—is incredibly
calming. Sure, it can be
frustrating, but I've found
that having a hard problem I
know can eventually be solved
is mentally comforting.
Plus, it consumes all your
focus, and being that
absorbed gives a reset.

ADRIENNE RAPHEL, AUTHOR OF THINKING INSIDE THE BOX

WAKE WITH THE DAWN

Whenever possible, I walk through dew-covered grass, when half the world is falling back asleep, to notice the details that exist only while the sun is slowly getting to its feet. Look closely and gently at things, because they are surely looking at you, waiting to see whether you settle your eyes on the ordinary and mundane and call it miraculous.

ELLA FRANCES SANDERS, AUTHOR OF EATING THE SUN: SMALL MUSINGS ON A VAST UNIVERSE

GET SOME GUIDANCE

High school students need to learn how to handle anxiety, so I teach them "square breathing." Imagine a square with a dot in the middle. Exhale and move the dot to one side of the square, then inhale and move the dot to the next side of the square, and repeat. I watch their shoulders relax and their breathing slow, and then they stand up, smile, and go on their way.

KRISTA PROMNITZ, ASSISTANT HEAD OF UPPER SCHOOL AND DEAN OF STUDENT SERVICES AT PINE CREST SCHOOL IN FT. LAUDERDALE, FLORIDA

PLANT YOURSELF

Sometimes I snip bits from the succulent plants in my backyard and create arrangements for friends. It's always soothing to garden, but even more so when my brain is filled with warm thoughts about giving to friends.

KATHERINE RAVICH, A STAY-AT-HOME MOM IN PACIFIC PALISADES, CALIFORNIA

HIT THE RIGHT NOTE

Every couple of hours, I take a short break with my guitar—a relaxing time-out for anyone who plays. But sometimes I try an instrument I'm not familiar with because I've found that it gives me empathy. Being so far outside my comfort zone helps me return to work with a new perspective and clearer intentions.

JEFF BREAKEY, A SOUND ENGINEER
AND PRODUCER AND THE
OWNER OF GOOD WOLF MUSIC

FIND YOUR MEDITATION STYLE

"If I had to recommend one way to press pause, it would be to download a meditation app and commit to 15 minutes a day," says Spring Washam, author of A Fierce Heart and founder of a center that brings mindfulness practices to a diverse community in Oakland, California. "You can put in earbuds and do it almost anywhere." Best of all, there's an app for everyone.

FOR FAMILIES

MyLife Meditation

With different features for adults and kids, this app uses cute animations to help you tune in to your emotions, then suggests guided exercises to target feelings from sadness to happiness and more. (Free; iOS and Android)

FOR INDEPENDENT TYPES

Insight Timer

Like Spotify for mindfulness experts, this app aggregates thousands of meditations, so you have your choice of voices, lengths, and topics. (Free; iOS and Android)

FOR SKEPTICS

Ten Percent Happier

No whispery, new age voices here. In a hearty baritone, *ABC News* anchor Dan Harris offers no-nonsense daily meditations. (\$99 per year with a 1-week free trial; iOS and Android)

FOR INSOMNIACS

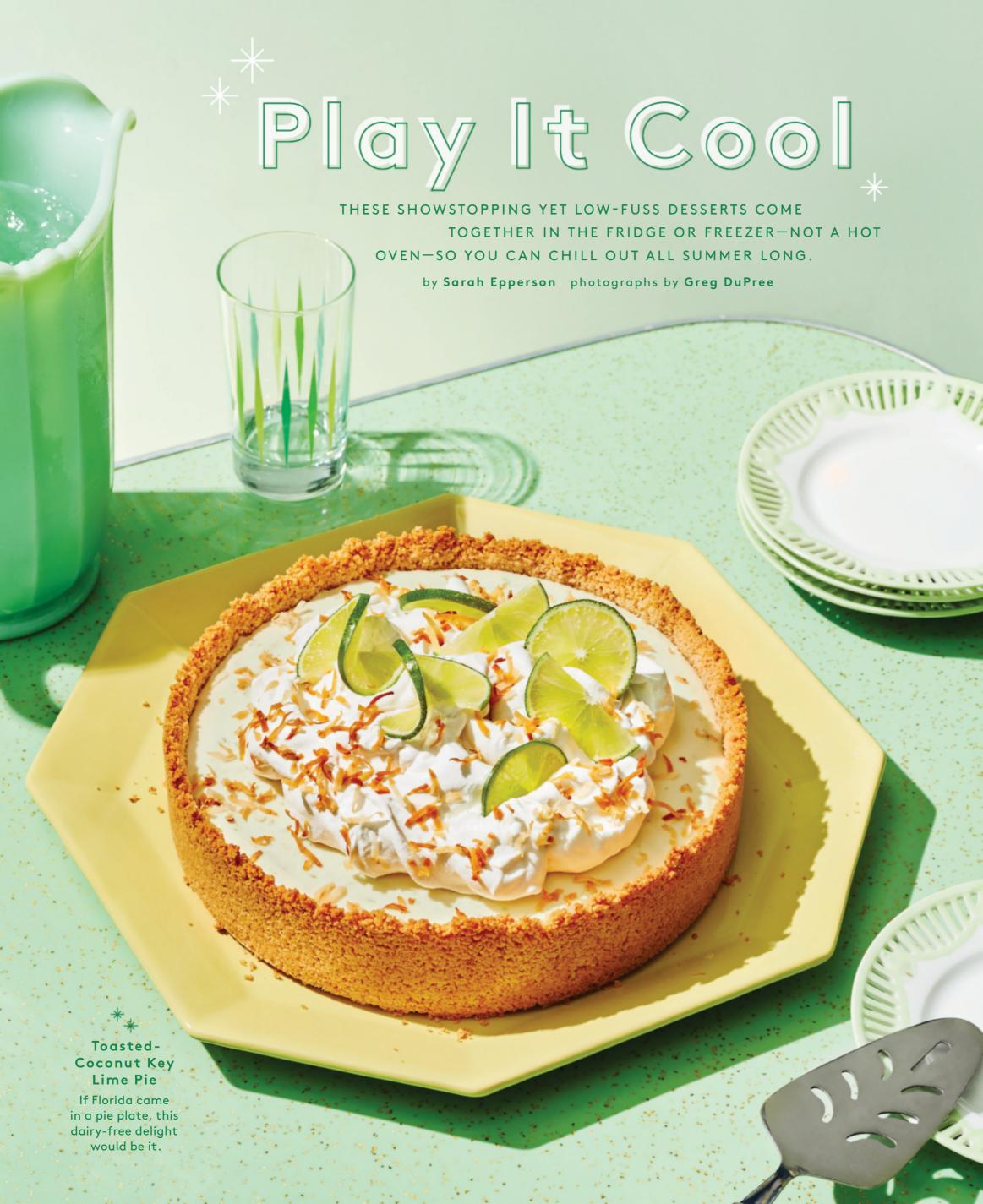
Calm

This app has it all, but we really love its sleep section. Soothing narrators read fiction and nonfiction bedtime stories for kids and adults. (\$70 per year with a 1-week free trial; iOS and Android)

FOR CREATIVES

Happy Not Perfect

Gorgeous videos and photos accompany breathing exercises and irreverent meditations. (\$12 per month; iOS and Android)







Toasted-Coconut Key Lime Pie

ACTIVE TIME 30 MINUTES
TOTAL TIME 4 HOURS, 30 MINUTES
(INCLUDES FREEZING)
SERVES 12

- 1 12.3-oz. pkg. coconut cookies (such as Voortman Bakery), finely crushed
- 1/4 cup coconut oil, melted
- 2 Tbsp. granulated sugar
- 2 9-oz. containers thawed frozen coconut whipped topping (such as SoDelicious CocoWhip), divided
- 1 14-oz. can sweetened condensed coconut milk
- 1 Tbsp. lime zest plus ½ cup fresh juice (from 4 limes or 12 key limes), plus slices for serving Toasted, sweetened shredded coconut, for serving

PREHEAT oven to 350° F. Stir cookie crumbs, oil, and sugar in a large bowl. Press crumb mixture firmly into bottom and $1^{1}/_{2}$ inches up sides of a 9-inch springform pan or deep-dish pie plate. Bake until edges are golden, about 10 minutes. Let cool completely on a wire rack, about 20 minutes.

MEANWHILE, stir 1 container whipped topping, coconut milk, and lime zest and juice in a large bowl until blended. Pour mixture into cooled crust, cover with plastic wrap, and freeze until firm, at least 4 hours.

TOP with remaining container of whipped topping. Top with lime slices and toasted coconut.

If the cake starts to lean while you're assembling it, stack halfway and refrigerate for 30 minutes before finishing.

Mixed-Berry Icebox Cake

ACTIVE TIME 30 MINUTES
TOTAL TIME 4 HOURS, 30 MINUTES
(INCLUDES CHILLING)
SERVES 8

- 4 cups heavy whipping cream
- 1 tsp. pure vanilla extract
- ¹/₂ cup plus 2 Tbsp. granulated sugar, divided
- 1 cup sliced fresh strawberries (from about 6 strawberries), plus more for serving
- 1 cup fresh raspberries, plus more for serving
- 1/2 cup fresh blackberries, plus more for serving
- 3 sleeves buttery round crackers (from a 13.7-oz. pkg.), such as Ritz
- 3/4 cup strawberry or raspberry jam

BEAT whipping cream, vanilla, and ½ cup sugar with an electric mixer fitted with a whisk attachment on mediumhigh speed until stiff peaks form, about 2 minutes.

COMBINE strawberries, raspberries, blackberries, and remaining 2 tablespoons sugar in a large bowl. Mash berries with a fork until very few clumps remain. Let sit until juicy, about 5 minutes. Press berry mixture through a fine-mesh strainer to equal about ³/₄ cup juice; discard solids. Fold berry juice into whipped cream until well blended.

SPREAD 1/4 cup whipped cream mixture in a 6-inch circle in center of a serving plate. Arrange 7 crackers in a circle on top of cream. Place 1 more cracker in center of circle. Spoon 3/4 cup whipped cream mixture on top of crackers, spreading to edges of circle. Top with 8 more crackers in same pattern. Top with another 3/4 cup whipped cream mixture and 8 more crackers. Spoon 1/4 cup jam over third cracker layer. Top jam with another layer of crackers. Repeat layering until you have 11 layers of crackers, spreading jam over every third cracker layer. Spread remaining whipped cream mixture on top and sides of cake.

REFRIGERATE, uncovered, until firm, about 4 hours. Top with more berries just before serving.

Peach Cobbler Trifle

ACTIVE TIME 25 MINUTES
TOTAL TIME 4 HOURS, 35 MINUTES
(INCLUDES CHILLING)
SERVES 12

- 8 cups fresh peach slices (from about 2 lb. peaches), plus more for serving
- 1/4 cup packed dark brown sugar
- 1/4 cup granulated sugar
- 2 Tbsp. fresh lemon juice (from 1 lemon)
- 1/2 tsp. ground cinnamon
- 3 cups heavy whipping cream
- 1/4 cup confectioners' sugar
- 1 tsp. pure vanilla extract
- 1 14-oz. store-bought pound cake, cut into 1-in. pieces (about 6 cups)

GENTLY stir peach slices, dark brown and granulated sugars, lemon juice, and cinnamon in a large bowl until combined. Let sit, stirring occasionally, until peaches release liquid, about 20 minutes.

BEAT whipping cream, confectioners' sugar, and vanilla with an electric mixer fitted with a whisk attachment on medium-high speed until stiff peaks form, about 2 minutes.

PLACE 2 cups cake pieces in bottom of a 14-cup trifle dish; top with about 1 cup peach mixture (including juices) and 2 cups whipped cream. Repeat layers 2 more times, ending with whipped cream.

REFRIGERATE until chilled, about 4 hours. Top with peach slices.

Don't have a trifle dish? Use a large glass bowl. Since the bottom will be curved, just adjust the layers as necessary.







To save time (or avoid a run to the market for blueberries), skip the first step and use a 13-ounce jar of blueberry jam instead.

Lemon-Blueberry Cake

ACTIVE TIME 25 MINUTES TOTAL TIME 7 HOURS, 25 MINUTES (INCLUDES FREEZING) SERVES 16

- 2 cups fresh blueberries, plus more for serving
- 2 Tbsp. fresh lemon juice (from 1 lemon)
- 1 cup granulated sugar, divided
- 4 cups heavy whipping cream
- 2 pints lemon sorbet, softened slightly
- 1 14.3-oz. pkg. vanilla sandwich cookies (such as Golden Oreos) Lemon slices and fresh mint, for serving

COMBINE blueberries, lemon juice, and 1/2 cup sugar in a small saucepan. Cook over medium, stirring often, until blueberries burst and a syrup forms, about 8 minutes. Transfer to a small bowl. Let cool to room temperature, about 1 hour.

BEAT whipping cream and remaining 1/2 cup sugar with an electric mixer until stiff peaks form, 3 to 4 minutes. Set aside 2 cups whipped cream. Stir lemon sorbet into remaining whipped cream until blended.

LINE a 13-by-9-inch baking dish with parchment paper. Arrange half of sandwich cookies (about 18) in an even layer in dish. Spread half of lemon sorbet mixture over cookies, then spoon half of blueberry mixture over sorbet mixture. Top with remaining sandwich cookies and remaining lemon sorbet mixture. Spoon remaining blueberry mixture over top. Dollop with reserved 2 cups whipped cream. Using the back of a spoon, spread whipped cream and swirl with blueberry mixture. Cover with plastic wrap and freeze until firm, at least 6 hours. Before serving, top with blueberries, lemon slices, and mint.

Frozen S'mores Cake

ACTIVE TIME 25 MINUTES TOTAL TIME 9 HOURS (INCLUDES FREEZING) SERVES 12

- 1 7-oz. jar marshmallow crème
- 11/4 cups heavy whipping cream, divided
- 12 whole graham cracker sheets
- 2 pints chocolate gelato (such as Talenti), softened Cooking spray, for baking sheet
- 1½ cups mini marshmallows
- 1/4 cup semisweet chocolate chips

LINE bottom and sides of a 9-by-5-inch loaf pan with parchment paper, allowing 2 to 3 inches to extend over sides.

BEAT marshmallow crème and 1 cup whipping cream with an electric mixer until stiff peaks form, about 2 minutes.

PLACE 3 graham cracker sheets in a single layer in bottom of prepared pan, breaking crackers to fit. Top with 1 pint gelato, spreading to sides of pan. Top with 3 more graham cracker sheets in a single layer. Top with whipped cream mixture in an even layer, spreading to sides of pan. Top with 3 more graham cracker sheets and remaining 1 pint gelato, spreading to sides of pan. Top with remaining 3 graham cracker sheets. Cover with plastic wrap and freeze until very firm, about 8 hours.

LINE a baking sheet with parchment paper and spray with cooking spray. Spread marshmallows in an even layer on baking sheet. Freeze for 15 minutes.

PREHEAT broiler with rack about 6 inches from heat. Broil marshmallows until tops are golden brown, about 11/2 minutes. Remove from oven and let cool on baking sheet for 5 minutes. Return baking sheet to freezer; freeze until marshmallows are firm, about 15 minutes.

PLACE chocolate chips and remaining 1/4 cup whipping cream in a small microwave-safe bowl. Microwave on high, stirring every 30 seconds, until cream is hot, about 1 minute. Let stand for 2 minutes; stir until smooth.

REMOVE cake from freezer. Using parchment as handles, lift cake and invert onto a serving platter. Top with frozen marshmallows and drizzle with chocolate mixture. Serve immediately, or cover with plastic wrap and freeze until ready to serve.

Hazelnut **Bushwacker Cake**

ACTIVE TIME 30 MINUTES TOTAL TIME 5 HOURS, 30 MINUTES (INCLUDES CHILLING) SERVES 12

- 4 cups heavy whipping cream
- 1/4 cup coffee liqueur (such as Kahlúa) or brewed coffee, cooled
- 3 Tbsp. granulated sugar
- 1/2 cup chocolate-hazelnut spread (such as Nutella)
- 2½ 9-oz. pkg. chocolate wafer cookies (such as Nabisco Famous) Chocolate shavings and chopped toasted hazelnuts, for serving

BEAT whipping cream, liqueur, and sugar with an electric mixer fitted with a whisk attachment on medium-high speed until soft peaks form, 3 to 4 minutes. Add chocolate-hazelnut spread and beat until stiff peaks form, about 2 minutes.

SPREAD 1/4 cup whipped cream mixture in a 6-inch circle on a cake stand or plate. Arrange 6 cookies around circle, with 1 inch of each cookie extending beyond whipped cream mixture. Place 1 cookie in center of circle. Spread 1/2 cup whipped cream mixture over cookies, leaving about 1 inch of outer cookies exposed.

TOP with another layer of cookies, staggering so they aren't directly on top of one another. Repeat until you have 16 layers of cookies; top with remaining whipped cream mixture. Refrigerate, uncovered, for at least 5 hours and up to 8 hours. Top with chocolate shavings and chopped toasted hazelnuts.

> For a sturdy cake, slightly taper the construction toward the topthink of building a squat pyramid



MAKE SCENTS OF SELF-CARE

FRAGRANCE CAN HELP YOU UNWIND, FEEL INVIGORATED,
GET HAPPIER, SLEEP BETTER, AND EVEN SHARPEN
YOUR BRAIN. HERE'S HOW TO INFUSE YOUR WORLD
WITH THE MOST UPLIFTING AROMAS.

BY TERESA DUMAIN

ILLUSTRATIONS BY CHARLOTTE DAY

THE WHIFF OF A STRANGER'S PERFUME that reminds you of your mom. The coconutty suntan lotion that evokes the tropical island where you honeymooned. Your favorite flower in full bloom.

Fragrance makers have long known that scents can reach us on a primal level. Once we associate a scent with an experience or feeling, just smelling it transports us to that time or place and conjurs a similar emotion. Usually, our reactions are highly individual, driven by life events, rituals, memories, and cultural backgrounds, says Pam Helms, executive director of research and development and the Fragrance Design Center at SC Johnson.

Some scents may have universal effects, research finds—calming us, energizing us, and making us happier. That may explain why aromatherapy (the use of scented

essential oils to improve well-being) has been growing in popularity, generating an estimated \$500 million in annual sales in North America, according to a 2018 analysis.

Reaping the mood-altering benefits of fragrance at home has never been easier. Simply plug in a diffuser, light a candle, or apply a product to your skin. "Fragrance touches our lives in so many places, from showering in the morning to getting into your car to washing your hands multiple times during the day," Helms says.

We've gathered the scents backed by science and created relaxing, stimulating, and happiness-boosting recipes. Choose the mood you want, then try the ideas that fit your routine. Inhale and *ahhh*.

CONTINUOUS CALM



After work, burn a vanillascented candle, like Pinrose Secret Genius Candle (\$49; sephora.com). Treat yourself to a before-bed soak and add a lavender bath bomb-extra points if it has CBD in it too. Try Equilibria Balance Bath Bombs (\$45 for 4; myeq.com). Before turning in, inspire sweet dreams with a spritz of Pacifica Lavender Moon Body & Pillow Mist (\$10; pacificabeauty.com).

RELAXATION

RECIPES FOR

MORNING MEDITATION



Freshen a quiet nook with a soothing room spray, like The Laundress Home Spray (\$10; thelaundress.com).

meditate, stretch, or focus

on what you're grateful for.



sandalwood notes, such as Chloé Nomade Absolu de Parfum (\$115 for 1.7 oz.; sephora.com). After highstress moments, dab an on-the-go anxiety soother, like Aromatherapy Associates Inner Strength Rollerball (\$29; aromatherapy associates.com), onto pulse points for a whiff of calming clary sage essential oils.



TRANQUIL BY TWILIGHT

CREATE CALM

LAVENDER Consider this pretty purple flower the VIP of relaxation: Research has shown that its aroma soothes the body and mind. College students with sleep issues snoozed more soundly and woke up feeling more refreshed when they inhaled lavender at night. Lavender seems to relieve anxiety by interacting with a neurotransmitter to help quiet nervous system activity. Pamela Dalton, PhD, an olfactory research scientist at the Monell Chemical Senses Center in Philadelphia, spritzes her hotel pillow with a familiar scent when she travels: "That way, when I close my eyes, it smells like home—and that helps me sleep."

CLARY SAGE This flowering herb is native to southern Europe and the Mediterranean region. Essential oils extracted from it smell clean and fresh and may help ease anxiety and stress. In one small study, women who inhaled clary sage while undergoing a not-so-pleasant medical test (let's just say catheters were involved) found that it helped relax their breathing and reduced blood pressure.

VANILLA The first thing that comes to mind: freshly baked cookies. That's enough to make anyone smile. Studies also suggest that the sweet smell of this fragrant bean helps lower blood pressure and anxiety which may be why the National Sleep Foundation calls vanilla "a potent relaxer."

YLANG-YLANG This slightly fruity-smelling tree flower—native to tropical Asia—can have sedative effects by decreasing pulse rate and blood pressure. Research suggests that it may also reduce the stress hormone cortisol when blended with lavender and bergamot essential oils. Be sure to ask for it the right way: EE-lang EE-lang.

SANDALWOOD Less anxiety and healthier sleep. Those are two potential benefits of this rich, woodsy scent, according to preliminary research. People undergoing palliative care reported feeling less anxious after an aromatherapy massage with sandalwood oil, one pilot study found.





GET INVIGORATED

ROSEMARY The next time you have to complete a demanding mental task, inhale the scent of rosemary essential oil, which may help kick your brain into gear. This oil is extracted from the same herb you stick in your stews and sprinkle over meats, and smelling it may improve your speed and accuracy, as well as increase your alertness and information recall, according to research.

CITRUS Lemon, orange, and grapefruit are the trifecta of fresh and energizing scents for your body and mind. For Sharon Falsetto, a certified professional aromatherapist and the founder of Sedona Aromatics, lemon is uplifting, confidence-enhancing, and great for focus. In fact, research has shown that the scent helps students perform better on tests. Sniffing sweet orange may improve lung function and make workouts more effective. Grapefruit may stimulate the sympathetic nervous system, which regulates your fight-or-flight response.

PEPPERMINT Blending peppermint, rosemary, and lemon essential oils into a diluted room spray—say, for your office—can help improve focus, Falsetto says. And it may help you perk up during or after a hard work—out. Researchers found that when rats sniffed a combo of peppermint, rosemary, orange, and clove, they were able to swim about twice as long as the rodents who smelled plain water.

VETIVER Earthy, woodsy, pleasantly heavy, and pungent. All these descriptors make sense: Vetiver essential oil is extracted from the roots of a wild grass native to India. Animal studies suggest it may help increase alertness.

RECIPES FOR ENERGY



SHOWER ZINGER

Suds up your hair with a lively wash, like Aveda Rosemary Mint Purifying Shampoo (\$17; aveda.com). The herbalscented blend makes your scalp tingle, and the aroma lingers all day on your strands.



MENTAL MOTIVATOR

Sharpen your focus in your home office by diffusing a citrus scent, such as Vitruvi Organic Lemon Essential Oil (\$13; vitruvi.com). Or try Glade Lemon Fresh Room Spray (\$1; at select mass retailers).



SPIRITED SPRITZ

After washing your face, awaken your senses with an orange-scented spray, like Fresh Vitamin Nectar Antioxidant Face Mist (\$25 for 100 ml; fresh.com). Mist whenever you need stimulation. Bonus: The vitamin fruit complex can help give skin a glow.



WORKOUT BOOSTER

Enliven your exercise routine by dabbing an energizing peppermint essential oil blend onto the nape of your neck beforehand. Try H. Gillerman Organics Tension Remedy (\$48; hgillermanorganics.com).



SCENTED SANITIZER

To clean hands on the run, try Bathing Culture High Spirits Sanitizer (\$10 for 2 oz.; bathing culture.com). Breathe in invigorating vetiver as you rub.

AROMATHERAPY SAFETY

If you're inspired to use or mix your own essential oils, be aware that some oils or dilutions may not be safe or appropriate for babies, children, women who are pregnant or breastfeeding, or seniors. Others may interact with medications or cause side effects, such as irritation and sun sensitivity, when applied to skin. Talk to your doctor and consider discussing your goals with a trained aromatherapist.

SMILE

SWEET ORANGE The scent of citrus botanicals is associated with energy and cleanliness, Dalton says. Orange, in particular, has earned the nickname "happy oil" for its mood-brightening benefits, Falsetto says. In one study, participants linked the smell of clementines to feeling "happy" most often, followed by "stimulated."

BERGAMOT Also citrusy in scent, bergamot may lift your spirits by signaling the brain to release feel-good hormones, like dopamine and serotonin. Women who inhaled bergamot vapor had lower levels of saliva cortisol and reported fewer negative emotions and less fatigue.

JASMINE Getting a massage is reason enough to be joyful. But for a little extra oomph, add this sweet-smelling oil. Researchers found that the stimulating effect of an aromatherapy massage with jasmine oil may help ease depression and improve mood.

PINE If you stop and smell the pine, it may help reduce stress. Researchers who examined the Japanese custom of shinrin-yoku, or forest bathing, found that when participants walked through the woods (where pine trees are common), it reduced feelings of hostility and depression.

RECIPES FOR HAPPINESS



POWER SHOWER

Lather up with Lush Easy
Peeler Naked Shower Scrub
(\$10; lushusa.com), which has
Sicilian mandarin, bergamot,
and tangerine oils. Top off postshower with a blood-orangetinged fragrance, like Ellis
Brooklyn West Eau de Parfum
(\$105 for 1.7 oz.; sephora.com).



JOY IN THE AIR

Add 10 to 15 drops of Saje Bergamot 100% Pure Essential Oil (\$22; saje.com) to a diffuser in your favorite room for relaxing yet uplifting vibes.



ALMOST-FOREST BATH

Kneipp Deep Breathe Mineral Bath Salt (\$20; kneipp.com) is a potent combo of pine and fir essential oils. Inhale for the aroma of crisp morning air that helps clear the mind.



STEAMY GETAWAY

Scent up your shower with jasmine—it's like transporting yourself to a vacation. We like Bath & Body Works White Jasmine Shower Gel (\$12.50; bathandbodyworks.com).

AROMA FOR AMBIENCE

DIFFUSERS These tools disperse fine particles of essential oil, sometimes mixed with water, into the air at various rates. "I call these easy formats—you turn them on, plug them in, or set them up, and you just go," Helms says.

CANDLES Burn one for 20 to 30 minutes for a subtle aroma that lingers. Falsetto recommends nonsynthetic candles made of soy or beeswax and essential oils. "Candles can be meditative, even hypnotizing," Helms says.

ROOM SPRAYS These are good for people who want a nice amount of fragrance fast, Helms says. Spray in a ventilated area, avoiding clothes and other fabrics.

SKIN APPLICATION Essential oils can be safely applied in diluted form on top of a base (such as lotion), Falsetto says. The pulse points—wrist, neck—are popular and convenient spots. Some studies suggest body massage has benefits.



Where Will You Go?

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food

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FLIPPIN' GOOD

We've all been there: You're heating kebabs over an open flame and—as you rotate them—the food spins around, resulting in inconsistent cooking. Happily, this doesn't happen with the OXO Good Grips 6-Piece Grilling Skewer Set. Because the skewers are flat, not round, food doesn't move when you turn them. The stainless-steel tips are supersharp, allowing for smooth, easy piercing of tender eggplant and cherry tomatoes, and the handles are large enough to be grabbed with or without tongs. Oh, and when you put them away? They nest for tidy storage.

TO BUY: \$13; oxo.com.

Easy Dinner 1

Smoky-Sweet Steak Supper

ACTIVE TIME 25 MINUTES
TOTAL TIME 25 MINUTES SERVES 4

✓ Quick Cooking ✓ Gluten-Free

2 tsp. light brown sugar

- 1 tsp. smoked paprika
- 1½ tsp. kosher salt, divided, plus more for water
 - 1 2-lb. strip steak (1½ in. thick)
 - 1 lb. trimmed fresh green heans
- 1/4 cup olive oil, plus more for grill grates
- 2 Tbsp. red wine vinegar
- 1 tsp. anchovy paste
- 1 pint multicolored cherry tomatoes, halved
- 1/2 cup roughly chopped fresh flat-leaf parsley leaves

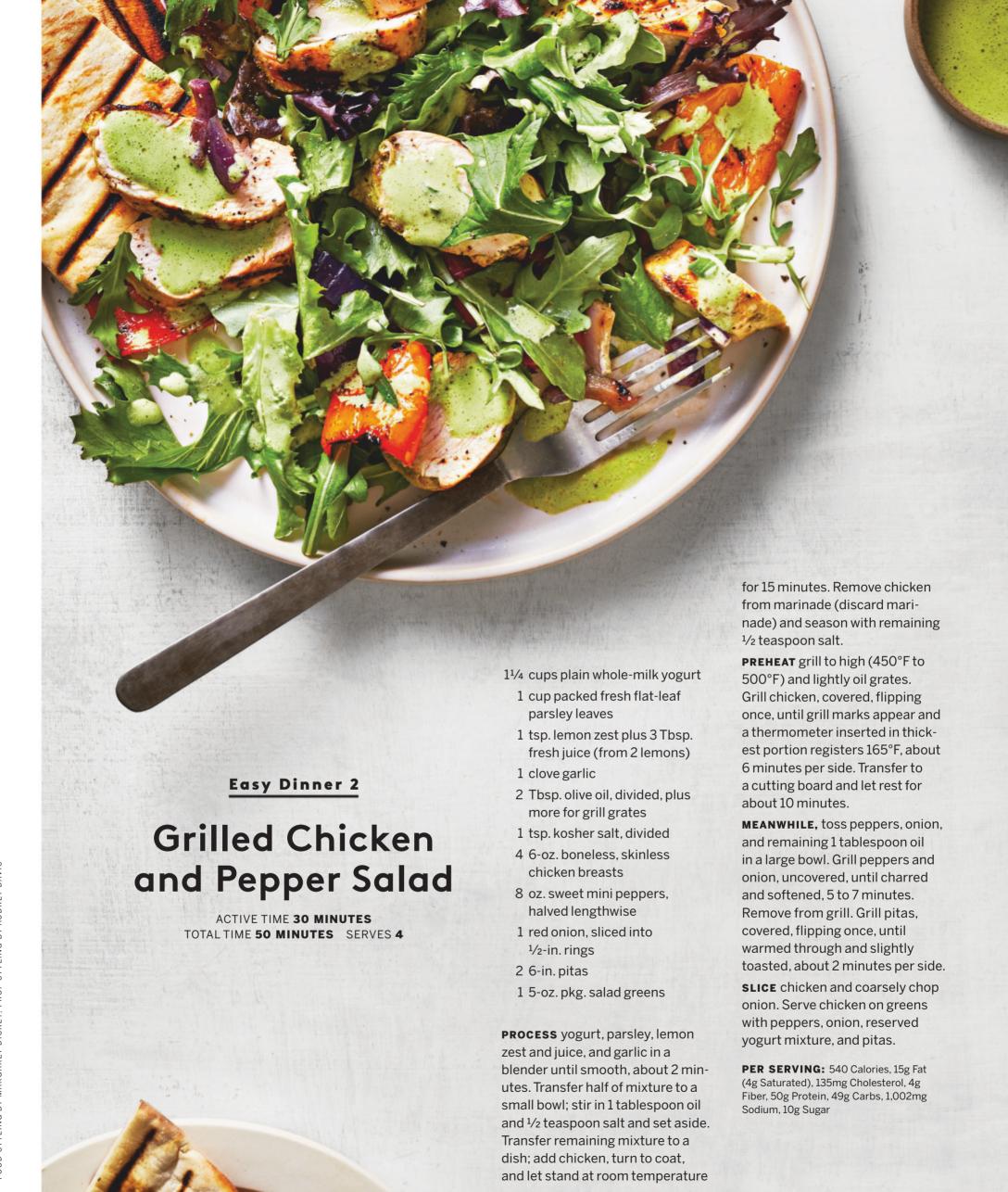
STIR sugar, paprika, and 1 teaspoon salt in a small bowl. Rub mixture onto steak.

PREHEAT grill to high (450°F to 500°F) and oil grates. Grill steak, covered, flipping once, until grill marks appear, 4 to 6 minutes per side for medium-rare. Transfer to a cutting board and let rest for 10 minutes.

meanwhile, bring a large saucepan of generously salted water to a boil over high. Add green beans and cook until crisp-tender, about 4 minutes. Drain and rinse under cold water. Whisk oil, vinegar, anchovy paste, and remaining ½ teaspoon salt in a large bowl. Add tomatoes, green beans, and parsley; toss to combine.

SLICE steak against the grain into ¹/₂-inch-thick slices. Serve with green bean salad.

PER SERVING: 456 Calories, 23g Fat (5g Saturated), 120mg Cholesterol, 4g Fiber, 47g Protein, 13g Carbs, 923mg Sodium, 7g Sugar (1g Added) Recipes by Anna Theoktisto Photographs by Caitlin Bensel 122 REAL SIMPLE AUGUST 2020



- 1 zucchini, trimmed and shredded (about 1½ cups)
- 1 cup packed fresh basil leaves, plus more for serving
- 2 oz. Parmesan cheese, grated (about ½ cup), plus more for serving
- 1/4 cup roasted salted cashews
- 1/4 cup olive oil, plus more for serving
- 2 Tbsp. fresh lemon juice (from 1 lemon)
- 1 small clove garlic
- 11/2 tsp. kosher salt, plus more for water
 - 1 lb. spaghetti
- 1/4 cup whole-milk ricotta cheese

PLACE zucchini in a clean kitchen towel and squeeze to release as much water as possible. Transfer to a food processor or blender. Add basil, Parmesan, cashews, oil, lemon juice, garlic, and salt. Process until smooth.

BRING a large pot of generously salted water to a boil over high. Add pasta and cook according to package directions for al dente. Drain, reserving ½ cup cooking water. Toss pasta and zucchini pesto in a large bowl, adding reserved cooking water as needed until creamy.

SERVE topped with ricotta, basil, Parmesan, and a drizzle of oil.

PER SERVING: 677 Calories, 25g Fat (6g Saturated), 17mg Cholesterol, 5g Fiber, 21g Protein, 91g Carbs, 973mg Sodium, 6g Sugar



Easy Dinner 4

Feta and Watermelon Grain Bowls

- 11/2 cups semipearled farro
 - 3 Tbsp. olive oil
 - 2 Tbsp. fresh lime juice (from 1 lime)
- 13/4 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 3 cups cubed seedless watermelon (1 lb.)
- 1 avocado, cubed
- 4 oz. feta cheese, cut into 8 slabs
- 1/2 cup packed fresh cilantro leaves
- ¹/₄ cup unsalted roasted pumpkin seeds (pepitas)

BRING a large saucepan of water to a boil over high. Add farro and cook, stirring occasionally, until just tender, about 20 minutes. Drain and spread on a large baking sheet. Let cool for about 10 minutes.

whisk oil, lime juice, salt, and pepper in a small bowl. Toss watermelon and farro in a large bowl. Drizzle with most of lime juice mixture and gently toss to coat. Top with avocado and feta, drizzle with remaining dressing, and sprinkle with cilantro and pepitas.

PER SERVING: 534 Calories, 27g Fat (7g Saturated), 25mg Cholesterol, 9g Fiber, 17g Protein, 61g Carbs, 1,085mg Sodium, 9g Sugar





Shrimp and Chorizo Stew

ACTIVE TIME 20 MINUTES
TOTAL TIME 30 MINUTES SERVES 4

✓ Quick Cooking

3 cups cherry tomatoes

1/3 cup dry white wine

1/2 tsp. kosher salt

1½ lb. peeled, deveined, tailsoff large shrimp

1/2 cup torn fresh basil leaves

1 6-oz. baguette, split lengthwiseCrushed red pepper, for serving, optional

THINLY slice 4 cloves garlic. Cook chorizo and 2 tablespoons oil in a large saucepan over mediumhigh, stirring often, until chorizo begins to brown and crisp, about

PREHEAT broiler with rack 6 inches from heat. Brush cut sides of baguette with remaining 2 tablespoons oil. Place baguette, cut sides up, directly on oven rack or on a baking sheet.

Broil until baguette is browned and toasted, about 2 minutes.

Remove from oven. Rub cut sides of baguette with remaining 1 clove garlic. Cut each baguette piece in half crosswise. Serve shrimp mixture with toasted baguette and crushed red pepper, if using.

PER SERVING: 596 Calories, 23g Fat (4g Saturated), 226mg Cholesterol, 7g Fiber, 40g Protein, 54g Carbs, 1,016mg Sodium, 4g Sugar

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MUFFIN TIPS

Muffins are at their best served warm or at room temperature the day they're baked, but these keep well. Store them loosely covered overnight, in a zip-top bag for up to 3 days, or double-bagged in the freezer for 3 months. Reheat in a low oven for 5 minutes.

ACTIVE TIME 45 MINUTES
TOTAL TIME 1 HOUR, 30 MINUTES
MAKES 24 MUFFINS

- 3 cups fresh blueberries (from 3 [6 oz.] containers)
- 1 tsp. lemon zest plus 1Tbsp. fresh juice (from 1 lemon)
- 2 cups granulated sugar, divided Cooking spray, for pans
- 4 cups all-purpose flour
- 1 Tbsp. baking powder
- 1 tsp. baking soda
- 1 tsp. kosher salt
- ³/₄ cup (1¹/₂ sticks) unsalted butter, at room temperature
- 2 large eggs
- 11/2 tsp. pure vanilla extract
- 1½ cups buttermilk
 - 2 Tbsp. turbinado sugar

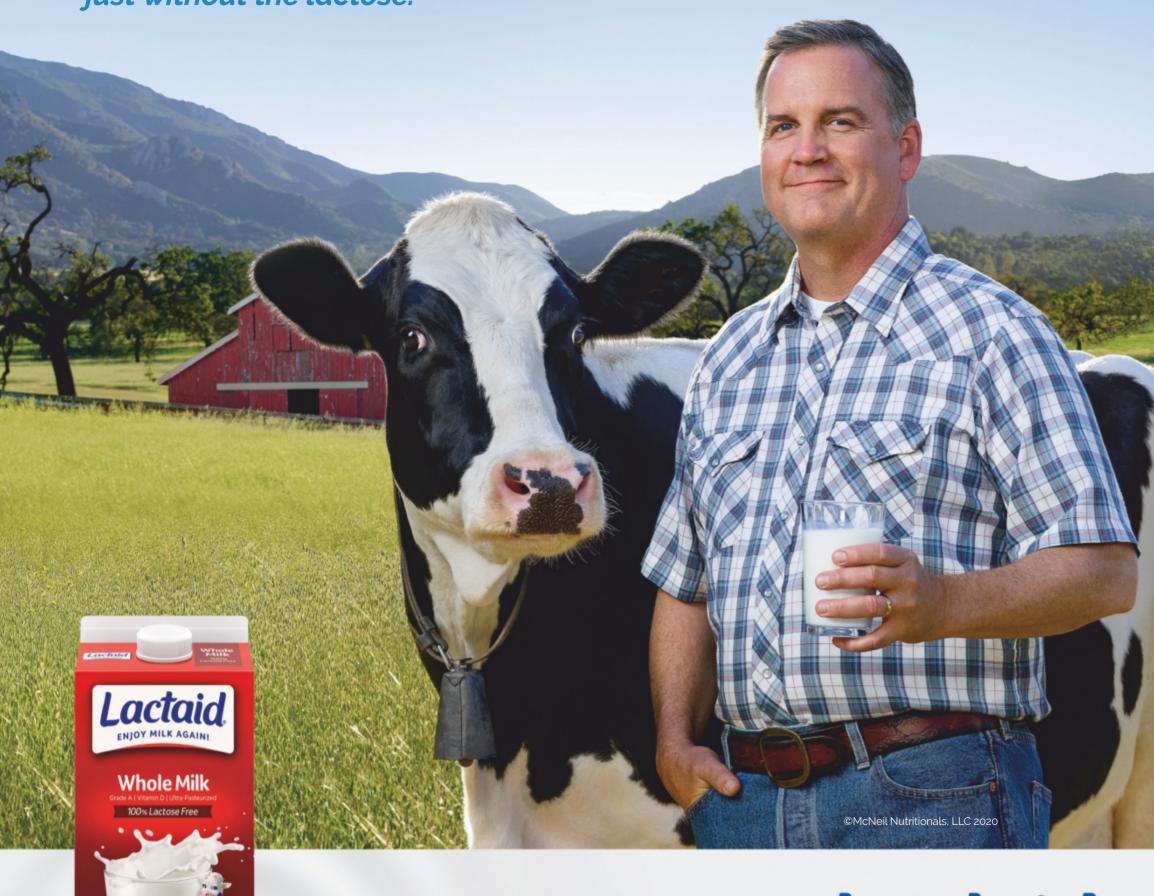
COMBINE blueberries, lemon zest and juice, and ½ cup granulated sugar in a large bowl. Let stand, stirring occasionally, until berries start to release their juices, 30 to 40 minutes. Line 2 (12 cup) muffin pans with paper liners or parchment; coat with cooking spray.

PREHEAT oven to 375°F. Whisk flour, baking powder, baking soda, and salt in a large bowl. Beat butter and remaining 1½ cups granulated sugar with an electric mixer on medium speed until fluffy, about 5 minutes. Beat in eggs 1 at a time, then vanilla. Reduce speed to low; add flour mixture, alternating with buttermilk, until just combined. In 2 batches, fold in blueberries and their juices. Spoon into muffin pans, filling just under rim of liners. Top with turbinado sugar.

BAKE until tops are golden and a wooden pick inserted in centers comes out clean, about 30 minutes. Let cool for 5 minutes. Remove from pans, transfer to a wire rack, and let cool for 10 minutes.

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Summery Corn Soup

A DOLLOP OF MISO PASTE GIVES THIS SEASONAL BOWL A BOOST OF UMAMI GOODNESS.

By Ananda Eidelstein

ACTIVE TIME 20 MINUTES
TOTAL TIME 50 MINUTES
SERVES 4

- 8 ears fresh yellow corn
- 2 Tbsp. olive oil, plus more for serving
- 2 Tbsp. unsalted butter
- 2 leeks, white and light green parts only, chopped (11/4 cups)
- 3 scallions, white and light green parts finely chopped (about ½ cup), dark green parts sliced and reserved for serving
- 11/4 tsp. kosher salt, divided
- 2 cloves garlic, finely chopped
- 1/4 cup dry white wine
- 3 sprigs thyme
- 1 dried bay leaf
- ¹/₄ cup white or yellow miso Sliced radishes, for serving

cut corn kernels from cobs. Reserve cobs and set kernels aside (you should have about 4 cups).

over medium. Add leeks, finely chopped scallions, and ½ teaspoon salt. Cook, stirring often, until softened, 2 to 4 minutes. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Stir in wine and cook for 1 minute. Add cobs, thyme, bay leaf, and 6 cups water; bring to a boil over high. Cover and reduce heat to medium; simmer for 20 minutes to let flavors meld.

REMOVE cobs, thyme, and bay leaf from pot; discard. Add corn kernels and remaining 1 teaspoon salt. Cook over medium, stirring occasionally, until corn turns bright yellow and is just tender, 5 to 6 minutes.



LADLE 2 cups corn mixture into a blender and add miso. Secure lid on blender and remove center piece to allow steam to escape. Place a clean towel over opening. Blend until smooth, about 30 seconds. Return mixture to pot and stir to combine.

SERVE soup in bowls topped with sliced scallions and radishes. Drizzle with oil.



INTRO TO MISO

Typically made from soybeans, salt, and a grain like rice or barley, this versatile condiment is a savory flavor bomb. Since it's fermented, it supports gut health and digestion. Look for it in the refrigerated section, often near the tofu.

SIMPLYSHOPPING







Who Knew?

The Hydrangea

FAST FACTS TO HELP YOU UNDERSTAND AND MAKE THE MOST OF EVERY BLOOM

By Rachel Sylvester

SOIL DETERMINES COLOR

The hue of certain hydrangeas ultimately depends on the pH of the soil they grow in (and whether any aluminum is present). If the soil is lower in pH—i.e., more acidic-you'll get blue or purple blooms, while an alkaline soil, which has a higher pH, will likely yield pink buds.

BLOOMING BEGINS IN MAY

Of the arguably dozens of hydrangea species that exist worldwide, four of the most popular in the United States are smooth hydrangeas, oakleaf hydrangeas, bigleaf hydrangeas, and the cone-shaped panicle hydrangeas. Depending on where you live, smooth and oakleaf generally blossom in May, bigleaf in June, and panicle in July.

WHEN YOU PRUNE MATTERS

Wait until the bud is fully mature and the petals feel papery before you snip a flower from the bush. If your hydrangea is pink or blue, hold off until the flower is in full color. Any white in the bloom means it may droop pretty quickly in a vase.



LUKEWARM WATER REVERSES WILTING

Hydrangeas get their name from the Greek word for water, and fittingly, a dunk in room-temperature H₂O revives tired-looking flowers. To help bring cut hydrangeas back from the brink, give them a trim and submerge them, bloom down, in a bowl of water or the kitchen sink for 15 minutes to four hours. Don't leave them all night: If you oversaturate the petals, they'll eventually fall apart.

DIY DRYING PRESERVES PETALS

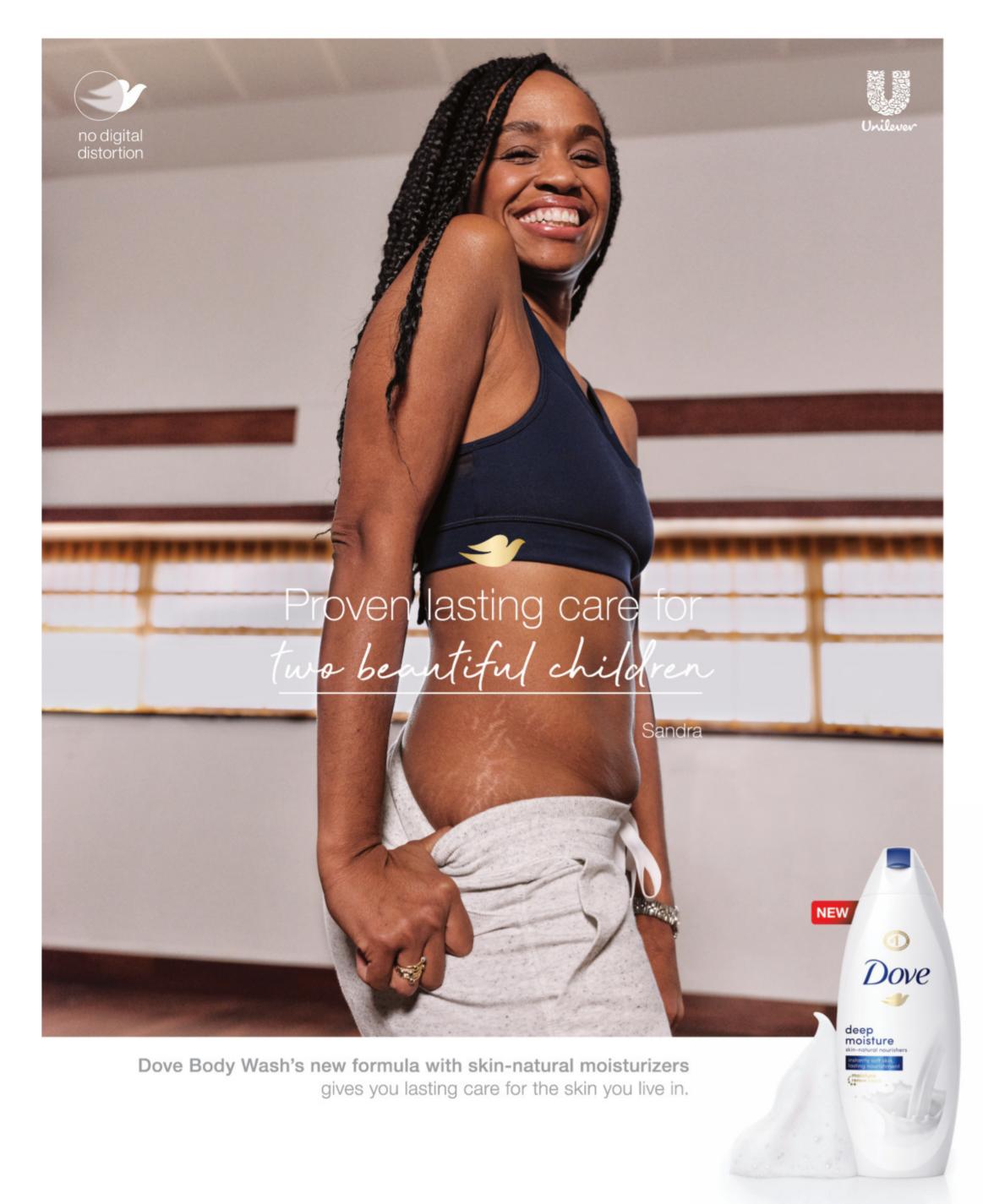
To create a dried arrangement that will last for months, tie the stems together with a rubber band and hang hydrangeas upside down in a spot with minimal direct sunlight (avoid humid spaces, like a bathroom or kitchen). This technique prevents petals from changing position.

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